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# Introduction

The beliefs that you hold about every subject relative to you are either holding you back, or pushing you forward. In most cases, the beliefs that are holding you back are hidden from your conscious thinking mind, meaning that you don't even realize that you hold those beliefs.

The best way I've found for uncovering limiting beliefs is to sit down in a quiet place where you will not be disturbed and ask yourself some tough questions regarding the subject.

Within just a few minutes, you'll find that you're able to uncover those limiting beliefs that hold you back from achieving what it is you want to achieve. Knowing what they are, is the first stage to replacing them with something more positive.

Print this document and use it to help you identify your own limiting beliefs around the subject of Money, Weight Loss, Relationships and Work.

To your abundance,

A handwritten signature in cursive script that reads "Gary Evans". The signature is written in black ink and is positioned to the left of the page's center.

# Limiting Belief Detector: Money

# Money Exercise 1: Identifying Beliefs

For this exercise you are required to spend a small amount of time answering each question. Next to every question, there is a time stated. This is the amount of time you are to spend on the question.

You are best at uncovering limiting beliefs when you give your gut response to the questions, so make sure you stick to the time allotted.

Grab a pen, set your timer and jot down the first answers that come into your mind after reading the questions...

## Question 1.

3 minutes

What are your beliefs about working to earn money?

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## Question 2.

3 minutes

What are your beliefs about people who have a lot of money?

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## Question 3.

3 minutes

What are your beliefs about having lots of money?

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**Question 4.**

**3 minutes**

**What thoughts make you feel uncomfortable around the subject of money?**

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**Question 5.**

**8 minutes**

**Where do all of the beliefs that you've listed above, come from?**

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# Money Exercise 2: Identifying Change

Now that you've identified some of your limiting beliefs, let's now identify ways in which you can change these. Using the same rules as before, set your timer and write down your first answers that come into your mind with this set of questions...

## Question 1.

5 minutes

What does having an abundance of money mean to you?

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## Question 2.

8 minutes

What must you change in order to replace the limiting beliefs identified earlier?

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## Question 3.

8 minutes

Which of your habits are stopping you from achieving financial abundance?

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# Limiting Belief Detector: Weight Loss

# Weight Loss Exercise 1: Identifying Beliefs

For this exercise you are required to spend a small amount of time answering each question. Next to every question, there is a time stated. This is the amount of time you are to spend on the question.

You are best at uncovering limiting beliefs when you give your gut response to the questions, so make sure you stick to the time allotted.

Grab a pen, set your timer and jot down the first answers that come into your mind after reading the questions...

## Question 1.

3 minutes

What are your beliefs about fat people?

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## Question 2.

3 minutes

What are your beliefs about people who eat a lot of food, yet do not put on weight?

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## Question 3.

3 minutes

What are your beliefs about being your perfect weight?

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**Question 4.**

**3 minutes**

**What thoughts make you feel uncomfortable around the subject of your weight?**

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**Question 5.**

**8 minutes**

**Where do all of the beliefs that you've listed above, come from?**

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# Weight Loss Exercise 2: Identifying Change

Now that you've identified some of your limiting beliefs, let's now identify ways in which you can change these. Using the same rules as before, set your timer and write down your first answers that come into your mind with this set of questions...

## Question 1.

5 minutes

What does losing weight mean to you?

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## Question 2.

8 minutes

What must you change in order to replace the limiting beliefs identified earlier?

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## Question 3.

8 minutes

Which of your habits are stopping you from achieving your ideal weight?

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# Limiting Belief Detector: Relationships

# Relationships Exercise 1: Identifying Beliefs

For this exercise you are required to spend a small amount of time answering each question. Next to every question, there is a time stated. This is the amount of time you are to spend on the question.

You are best at uncovering limiting beliefs when you give your gut response to the questions, so make sure you stick to the time allotted.

Grab a pen, set your timer and jot down the first answers that come into your mind after reading the questions...

## Question 1.

3 minutes

What are your beliefs about being single?

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## Question 2.

3 minutes

What are your beliefs about attracting a partner using the Law of Attraction?

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## Question 3.

3 minutes

What are your beliefs about how attractive you are to prospective partners?

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**Question 4.**

**3 minutes**

**What thoughts make you feel uncomfortable around the subject of relationships?**

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**Question 5.**

**8 minutes**

**Where do all of the beliefs that you've listed above, come from?**

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# Relationships Exercise 2: Identifying Change

Now that you've identified some of your limiting beliefs, let's now identify ways in which you can change these. Using the same rules as before, set your timer and write down your first answers that come into your mind with this set of questions...

## Question 1.

5 minutes

What does having your perfect relationship mean to you?

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## Question 2.

8 minutes

What must you change in order to replace the limiting beliefs identified earlier?

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## Question 3.

8 minutes

Which of your habits are stopping you from having your perfect relationship?

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# Limiting Belief Detector: Work

# Work Exercise 1: Identifying Beliefs

For this exercise you are required to spend a small amount of time answering each question. Next to every question, there is a time stated. This is the amount of time you are to spend on the question.

You are best at uncovering limiting beliefs when you give your gut response to the questions, so make sure you stick to the time allotted.

Grab a pen, set your timer and jot down the first answers that come into your mind after reading the questions...

## Question 1.

3 minutes

What are your beliefs about working a job to earn money?

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## Question 2.

3 minutes

What are your beliefs about your co-workers?

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## Question 3.

3 minutes

What are your beliefs about your current employer?

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**Question 4.**

**3 minutes**

**What are your beliefs about those who do not work?**

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**Question 5.**

**3 minutes**

**What are your beliefs about people who earn more money than you?**

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**Question 6.**

**3 minutes**

**What thoughts make you feel uncomfortable around the subject of work?**

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**Question 7.**

**8 minutes**

**Where do all of the beliefs that you've listed above, come from?**

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# Work Exercise 2: Identifying Change

Now that you've identified some of your limiting beliefs, let's now identify ways in which you can change these. Using the same rules as before, set your timer and write down your first answers that come into your mind with this set of questions...

## Question 1.

5 minutes

What does having your perfect relationship mean to you?

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## Question 2.

8 minutes

What must you change in order to replace the limiting beliefs identified earlier?

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## Question 3.

8 minutes

Which of your habits are stopping you from having your perfect job?

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