

Masterclass



# LIMITING BELIEFS

with Georgia



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# In addition to the MASTERCLASS vid

## Step 1

Grab a notebook, & journal around the stories you're telling yourself -

I'm no good at...

I'm no good at this because...

This holds me back because...

I don't have enough...

... always happens to me

I always find myself...

I've always been rubbish at...

I lack support when it comes to...

I have zero confidence at...

My biggest weakness is...

I'll never be able to...



## Step 2

SISTERHOOD

What patterns keep popping up here?

Is there a recurring theme of things you think about yourself?

Where does this come from?

When was the last time you thought this?

Then how about the time before that?

Keep going back in time until you come across the incident where you very first thought this.

What happened then? What was that original incident?



## Step 3

Think about this incident & ask yourself what stories are you now telling yourself because of this incident.

# Step 4

SISTERHOOD

## Changing your thought patterns

What do you want to believe instead of this negative belief about yourself?  
(If you had to write in a sentence something empowering you'd LOVE to believe about yourself, what would it be?)

### Ways to change your thought patterns:

#### Affirmations

▼ Write your new empowering belief down somewhere everyday.  
Write it on a sticky note & put it on your mirror or somewhere you can see & read it everyday.

▼ EFT (Emotional Freedom Technique - Tapping) - I highly recommend downloading the app 'The Tapping Solution'

A woman with long dark hair, wearing a white textured sweater, is smiling broadly at the camera. She is seated at a wooden table in a restaurant or cafe. In front of her is a green plate with several waffles topped with scoops of white ice cream and fresh blueberries. She has a watch on her left wrist and a bracelet on her right. In the background, other people are seated at tables, and large windows let in natural light.

"EFT is a mix of Chinese medicine, acupuncture, & modern psychology & is TRANSFORMATIONAL - I won't go into it too much, but it's life changing for negative thought patterns!"



# What to do when you get negative thoughts

1. CATCH THEM.

2. Ask yourself:

Is this actually true?

Do I actually believe this?

What do I want to believe instead.

**Remember -**

Your brain is amazing, it can create all sorts of memories/beliefs, so there's no reason it can't transform negative beliefs into empowering ones. It takes work though & consistency.

Just like you don't go to the gym once & come out with a six-pack, it's the same with mindset work, you get there by being consistent.

You've got this girls,

I hope you have enjoyed this Sisterhood masterclass by the amazing Georgia of @georegiarex.coaching

Please support her on Insta, & reach out to her if you need anything regarding mindset & health.

Lots of love,

*Michelle & Georgia*

