

Hot Questions to Reframe Limiting Beliefs

1. What meaning have I attached to the situation?
2. What evidence do I have to support my belief?
3. What else might be true?
4. What is coming up for me – is there a trigger?
5. What empowered action can I take?
6. What do I value?
7. Are my behaviors aligned with my goals or core values?
8. Is this something I can control?
9. How am I showing up – what energy am I bringing to my relationships?
10. How would I rather be feeling?

Create new thoughts & beliefs aligned with your core values. You can then make empowered decisions with peace and clarity while creating new experiences!