



## Overcoming Your Bull-Sh\*t Beliefs

1. What BS belief do you have that is hindering or stopping you?

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2. How does this show up for you?

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3. What insecurities do you have and why?

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4. Where do you hold yourself back?

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5. What is it that you believe about yourself, the world or the people in it, that is causing you to behave or think this way?

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6. What are YOU doing to participate in this experience?

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7. Where did this come from? Think back as far as you can in your history and recall another time where you remember feeling this way.

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8. How are you unfairly judging that story?

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9. What other possibilities did we dismiss?

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10. What assumptions have we made around that story?

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11. What is a NEW belief that will better serve you moving forward?

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12. How can you hold on to this NEW belief to remind yourself of when the old belief creeps up?

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