

Exercise: start defining your empowering beliefs! Positive Affirmations

Which of the following limiting beliefs do you also hold? **Select 5-10 of them and list the empowering belief from them**. Maybe there is one that is not in this list. Then add this one with empowering belief to your list!

Hang it above your bed or on your refrigerator!

Repeat your 10 empowering beliefs several times daily for at least 2 months. Neuroplasticity works!

Health

Limiting Belief	Empowering Perspective	Positive Affirmation
I don't have time to exercise.	Small changes make a difference.	I make time for my health.
Being healthy is too expensive.	Healthy living is possible with small, affordable choices.	I invest wisely in my health.
I lack willpower.	Willpower grows through practice.	I am building my perseverance.
Healthy living is complicated.	Start with simple, achievable steps.	I make healthy choices easy.
My excess weight keeps me from unwanted attention.	Being healthy is for yourself, not for others.	I choose health and well-being.
I'll never get better.	The body is resilient and can heal.	My body has the ability to recover.
My parents had this too.	Genetics is just one factor; lifestyle makes a difference.	My choices shape my health.

No matter what I do, I can't lose weight.	Every step counts, consistency works.	I believe I can be healthy and fit.
Vegetables are for rodents.	Vegetables nourish your body and give energy.	I value and enjoy nutritious food.
I'm just prone to illness.	You can strengthen your immune system.	I take good care of my body and immunity.
It's going around, so I'll catch it anyway.	Healthy habits reduce the risk.	I strengthen my health daily.
I don't need to live long, I just want to be happy.	Health and happiness go hand in hand.	I choose a healthy and happy life.
The doctor says I have ... months/years left.	There are always exceptions.	I focus on quality and opportunities in the present.

Love & Relationships

Limiting Belief	**Empowering Perspective**	**Positive Affirmation**
I don't deserve love.	Everyone is worthy of love.	I am worthy of being loved.
All the good people are taken.	There are many wonderful people who are a match for you.	The right person is out there for me.
Relationships become boring over time.	Relationships grow with attention and adventure.	I create a loving, vibrant relationship.
I'm afraid of rejection.	Rejection doesn't define your worth.	I am valuable, no matter how others respond.
Women are opportunistic.	People are unique; not everyone is the same.	I am open to honest, loving relationships.
Men only want sex.	Many men seek deep, genuine connections.	I believe in sincere and loving men.
I don't matter.	Your presence and energy are important.	I am valuable and significant.
If I work hard enough, I'll be worthy.	You are enough as you are.	I am good enough just as I am.
They can all go to hell.	Connection gives life meaning.	I surround myself with loving people.
No one understands real love.	Real love exists and is attainable.	I am open to true, genuine love.
I'm not worthy of being loved.	Everyone deserves love and connection.	I am worthy of being loved and cherished.
People only care about my appearance.	People value you for who you are.	I am loved for who I am.
They will eventually leave me.	Healthy relationships are built on trust.	I deserve a stable, loving relationship.
My partners are never honest with me.	Honesty starts with trust and openness.	I attract honest and trustworthy partners.

Career & Work

Limiting Belief	Empowering Perspective	Positive Affirmation
I'm not capable of building a career.	Growth comes through learning and trying.	I am capable and growing in my career.
I'm too afraid to try.	Fear is a signal for growth.	I use my courage to grow.
I can't do it.	Skills can be learned.	I can learn anything I need to succeed.
Successful people are just lucky.	Success comes from effort and persistence.	I create my own success.
You can't make money doing what you love.	Passion and income can coexist.	I earn well by doing what I love.
You work to live, not live to work.	Work can also bring fulfillment.	My work contributes to a fulfilling life.
Managers are useless; I can do it myself.	Collaboration enhances results.	I value the power of teamwork.
Being an employee means losing freedom.	There are always choices within employment.	I create freedom, even as an employee.
Being self-employed is too risky.	Risks can be managed with planning.	I take calculated risks that lead to growth.
Self-employed people work 24/7.	Good planning creates balance.	I work independently and maintain balance.
There's more to life than work.	Work is important, but not everything.	I prioritize both work and life.
If I plan everything, things will go well.	Flexibility is as important as planning.	I am resilient and find solutions.
Someone has to pay the bills, so I do what I must.	Passion can also provide income.	I choose work that fulfills me.
I'm not a dreamer; I'm a realist.	Realism and dreams can coexist.	I combine vision with action.
My colleagues are lazy; I do all the work.	Collaboration can ease the workload.	I collaborate and share responsibilities fairly.
No one understands, so I do it myself.	Communication improves understanding.	I communicate clearly and work together.

Money

Limiting Belief	Empowering Perspective	Positive Affirmation
Money is meant to be spent.	Saving provides freedom and peace of mind.	I spend wisely and save smartly.
I'll never be able to retire.	Smart investing makes retirement possible.	I am working toward a worry-free future.

Money doesn't matter to me.	Money offers freedom and opportunities.	I use money as a tool for a good life.
Money brings out the worst in people, so I avoid it.	Money amplifies who you already are.	I use money to make a positive impact.
I must be frugal.	Conscious spending is more powerful than being frugal.	I manage my money with confidence.
It doesn't matter how much I spend—I'm already in debt.	Every step toward repayment counts.	I actively work toward financial freedom.
Wealthy people are selfish and exploit others.	Money reflects your values.	I believe money and integrity go hand in hand.
Money can't buy happiness.	Money creates opportunities for happiness.	I use money to build a happy life.
I didn't grow up wealthy, so I'll never be rich.	You shape your financial future.	I create my own financial success.
If I had money, I'd be happy.	Happiness comes from within, not money.	I am already happy and growing financially.
I'm always broke before the month ends.	Smart budgeting provides control.	I manage my money with insight and peace.