# Limiting Belief Rewire Tool

*For high performers who want to break free from self-sabotage and lead from alignment*

DMT

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## Step 1: Spot the Behaviour That's Out of Alignment

First, look for recurring actions (or inactions) that leave you feeling drained, stuck or frustrated.
These might include:

- Procrastinating on a big idea you care about
- Overworking to the point of exhaustion
- Saying "yes" when you want to say "no"
- Avoiding opportunities because you don't feel ready
- Overdelivering in ways that leave you resentful
- Holding back your voice or ideas in a meeting
- Starting but not finishing personal or business projects

Note them down here:

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## Step 2: Link the Behaviour to a Likely Limiting Belief

Here are some **common limiting beliefs for high performers** and the behaviours they often drive:

| Behaviour | Possible Limiting Belief |
|---|---|
| Procrastinating on important work | "I'm not ready yet." / "I'm not good enough." |
| Overworking, never switching off | "My worth comes from how much I achieve." |
| Saying "yes" to everything | "If I say no, I'll disappoint people." |
| Avoiding new opportunities | "I might fail, and that would mean I'm not capable." |
| Overdelivering beyond scope | "I have to prove my value to be appreciated." |
| Holding back in meetings | "If I speak up, I might be wrong and look stupid." |
| Starting but not finishing projects | "I'm not sure I can follow through." / "It has to be perfect before I can share it." |

Pick the one that resonates most with you in this moment.

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## Step 3: Write the Positive Polar Opposite

Flip the belief into an empowering, expansive statement aligned with your values and goals.

**Example flips:**

- "I'm not ready yet." → "I am ready now and will grow through action."
- "My worth comes from how much I achieve." → "My worth is inherent and my achievements are an expression of my values."
- "If I say no, I'll disappoint people." → "Saying no when needed honours my energy and creates better results."

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## Step 4: Find 3 Pieces of Evidence That Support the New Belief

Ground it in truth so your mind starts to trust it.
**Examples:**

- "The last time I said yes to something aligned, it worked out well."
- "I've succeeded before without knowing all the answers."
- "When I rested last week, my creativity returned."

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## Step 5: Visualise the Aligned You

Close your eyes, breathe deeply and picture yourself already living from this new belief.

- How do you stand, speak and move?
- How do you handle challenges or opportunities?
- How do you structure your day and treat yourself?

💡 Engage all your senses to make it vivid… what do you see, hear, feel? Note it down below. Be as descriptive as possible:

## Step 6: Choose 3 Actions to Take This Week

Ask: “What would this aligned version of me do in the next 7 days?”
Examples:

- Protect a rest day and keep it non-negotiable
- Speak up in one meeting without overthinking
- Start (and share) the first draft of a passion project

✅ **Pro Tip 1:** Keep your new belief visible where you can see it daily! Write it on a sticky note at your desk, use it as a phone lock screen or repeat it daily to rewire it into your identity.

✅ **Pro Tip 2:** Go back and do this exercise again for any other limiting behaviours and beliefs you have identified.