

Belief Change

Identify and Eliminate Limiting Beliefs

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you supported by positive beliefs about your abilities.

Tips for Success

Keep a daily journal and record any objective evidence that you are removing limitations and doubt from your life. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I remove limiting beliefs

I remove negative beliefs

I naturally get rid of limiting beliefs

I easily get rid of negative beliefs

I root out and destroy limiting beliefs

I identify hidden beliefs

I make all beliefs conscious

all unconscious beliefs are made conscious

I am aware of all my unconscious limiting beliefs

I only accept positive and abundant unconscious beliefs

I only accept positive and abundant conscious beliefs

I have access to the super consciousness

I release all negativity

I only accept positivity

I only keep positive beliefs

I systematically identify and remove limiting beliefs

all my conscious beliefs support my prosperity

all my conscious beliefs support my health

all my conscious beliefs support my love

all my conscious beliefs support my abundance

all my unconscious beliefs help me achieve my desires

all my unconscious beliefs support my prosperity

all my unconscious beliefs support my health

all my unconscious beliefs support my love

all my unconscious beliefs support my abundance

all my unconscious beliefs help me achieve my desires

I commune with the super conscious

my positive beliefs are strengthened by the super
conscious

my affirming beliefs are strengthened by the super
conscious

You remove limiting beliefs

You remove negative beliefs

You naturally get rid of limiting beliefs

You easily get rid of negative beliefs

You root out and destroy limiting beliefs

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You make all beliefs conscious

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