

Passion2Profit

3 BY 3 WORKSHEET

1. Write your top 3 limiting beliefs in the first column.
2. Think about how you can reframe each belief to see it from a more positive angle. Rewrite it in Column 2.
3. In the final column, create 3 actions steps for each reframed belief to help you explore it further. Add them to your To-Do List.

Tip: There is an example to help!

Limiting Beliefs	Reframed Beliefs	Action Steps
Example: When launching my business, I feel I need to give my service for free.	There is a well-thought out strategy behind my desire to give for free.	1. Journal on why I feel giving away for free is necessary for me. 2. Learn about marketing techniques that include free tasters eg pink spoon. 3. Research local charities to consider donating a percentage of each sale.
1.	1.	1. 2. 3.
2.	2.	1. 2. 3.
3.	3.	1. 2. 3.