

Transforming Limiting Beliefs:

A 6 Step Guide

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1

Word Map: “Who am I?”

Grab a blank page and write “Who am I?” in the center. Now let the words flow. Write down every word, role, label, or adjective that comes to mind. Don’t hold back. Even if it feels random, strange, or doesn’t “fit,” put it down. No judging, no editing—just let it all land on the page.

2

Beliefs vs. Knowing

Use a chart with two columns to list out what you believe about yourself on one side, and what you know to be true about yourself on the other.

3

Spot the Matches

Using the same chart from #2, grab a highlighter and mark the places where your beliefs and your knowing line up. Notice how it feels to see those connections.

4

Notice the Mismatches

Now look at the places where your beliefs and your knowing don’t match in the chart. How does that feel? Does it stir anything inside you? Do you identify more with the belief or with the knowing? Which feels closer to your truth?

5

Question the Limiting Beliefs

Are there beliefs you see that feel heavy, negative, or that hold you back from being your fullest self? Take some time to ask: Where did this belief come from? Why might I still be holding on to it?

6

Reframe & Rewrite

Choose one or more limiting beliefs and flip them into a supportive truth. For example, if you notice a belief like, “Things never work out for me,” you might reframe it as:

- “I am lucky, and things naturally fall into place for me.”
- “The Universe supports me in all that I do and desire.”

Write the reframed versions as if they’re already true—because they’re the seeds you’re planting for your future self. And don’t forget to use them daily!

