



✌️ Letting Go - Limiting Beliefs 💕

Introduction

Our beliefs shape our reality, especially when it comes to love and relationships. Limiting beliefs—those negative thoughts or assumptions we hold about ourselves, others, or love itself—can keep us stuck in patterns that no longer serve us. These beliefs are often rooted in past experiences, heartbreaks, or messages we've absorbed over time.

These thoughts can feel true because they've been repeated in our minds or reinforced by past patterns. However, they are *not facts*. Limiting beliefs can be challenged and rewritten.

Letting Go – Limiting Beliefs is a powerful yet simple tool to help you identify the beliefs that might be holding you back, breaking the pattern and challenging their truth, and replace them with empowering affirmations that align with the love you truly deserve.

Step 1 - Identify Your Limiting Beliefs

- Take a few deep breaths and center yourself.
- Reflect on your past relationships and your current thoughts about love.
- Write down 3–5 beliefs that may be holding you back. Examples might include:

"I'll never find someone better."

"I'm not good enough for the kind of love I want."

"All relationships end in heartbreak."

Step 2 - Challenge the Beliefs and Breaking the Pattern

The first step is awareness—recognizing these thoughts as limiting beliefs, not truths.

The next step is to challenge them and replace them with affirmations that empower and uplift you. This process helps you let go of the baggage from past relationships and open yourself to new possibilities. For each belief, ask yourself:

- "Is this absolutely true?"
- "What evidence do I have that contradicts this belief?"
- "What would I say to a friend who felt this way about themselves?"

Jot down your answers below. You may discover these beliefs are based on fear, not facts.

2



Step 3 - Re-Write Your Story

- Transform each limiting belief into a positive, empowering affirmation. Some examples are:

"I am worthy of healthy, fulfilling love."

"The right partner for me is out there and will appreciate me as I am."

"Every experience teaches me and brings me closer to the love I deserve."

Write down these affirmations in a list below and keep them somewhere visible, or on your phone or your journal.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



Well done for completing your Letting Go - Limiting Beliefs!

This activity is a first step in breaking free from the limiting beliefs that may be weighing you down. By shifting your mindset, you're paving the way for healthier, more fulfilling connections. Remember, growth is a process, and it begins with awareness and intentionality.

Keep these affirmations close, and let them guide you toward the love you truly deserve.

Your Love Mentors,

Nicole & Sarah-Jane 💪💕💕