



Break free from
limiting beliefs
and unlock your full potential

Kasia Hetman

PURPOSE OF THIS JOURNEY

In these pages, you'll embark on a path of self-discovery and empowerment. I understand the unique challenges you face – a realm where your voice, ideas, and leadership matter. Yet, sometimes, internal barriers like self-doubt, imposter syndrome, and limiting beliefs can cast a shadow on your accomplishments and aspirations.

This worksheet is meticulously crafted to help you:

- Identify limiting beliefs: uncover the often-subtle thoughts that have been holding you back.
- Understand their impact: recognize how these beliefs have shaped your business and personal life.
- Reframe and overcome: learn realistic, practical strategies to transform these beliefs into empowering mindsets.

WHO THIS IS FOR

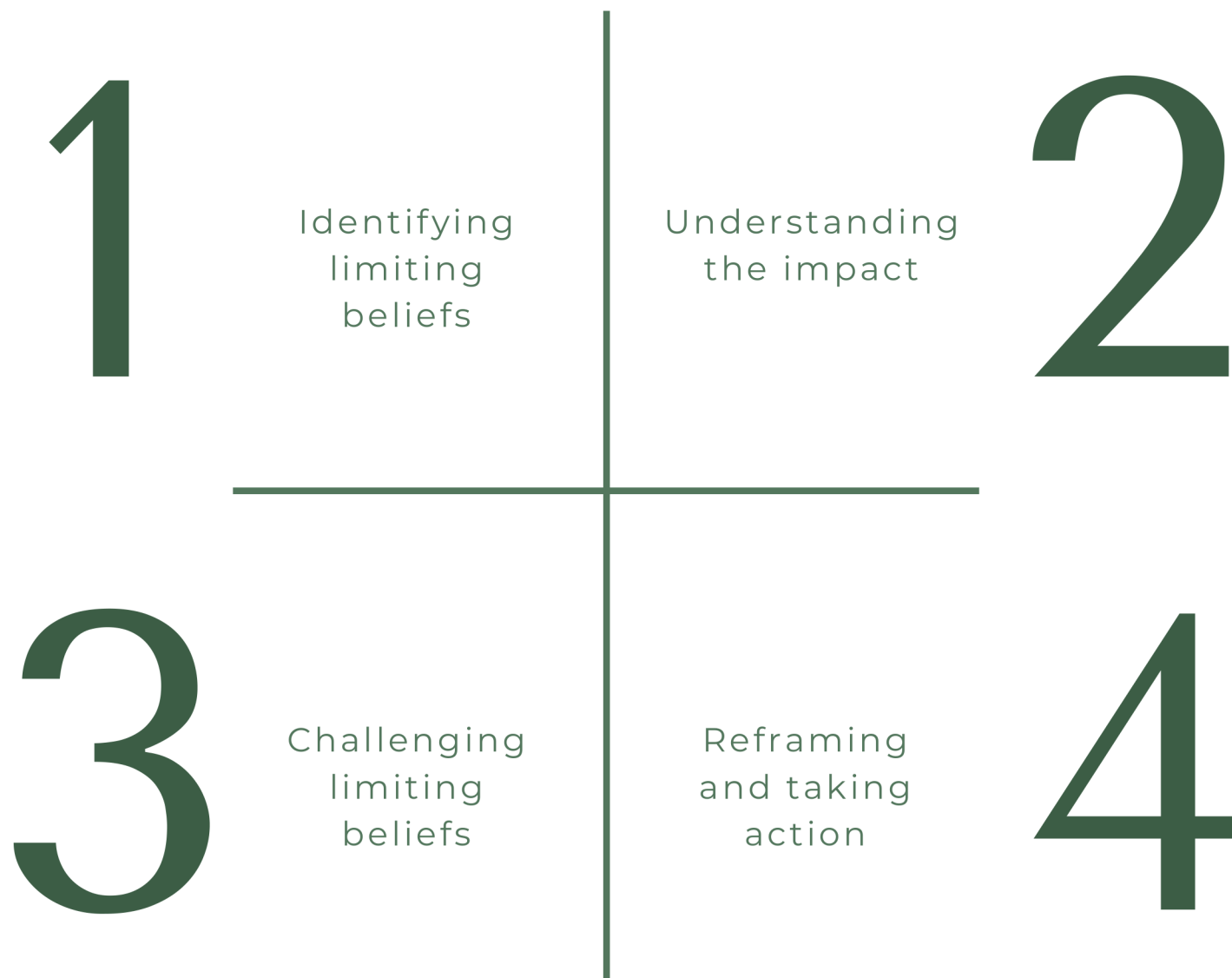
You are not alone in this journey. This guide is for you if you are:

- A female entrepreneur who sometimes questions her worth or capabilities.
- A business owner battling the feeling of being an 'imposter' in your success.
- A visionary who wants to break free from self-imposed limitations to achieve fulfilment and success.

THIS IS YOUR MOMENT – TO ACKNOWLEDGE YOUR STRENGTHS, CONFRONT YOUR FEARS, AND STEP INTO THE FUTURE WITH CONFIDENCE AND CLARITY. I'M HERE TO GUIDE YOU, BUT THE TRUE POWER LIES WITHIN YOU.

4 STEP PROCESS

Your journey of breaking barriers and soaring to new heights.



The next few pages walk you through the 4-step process of crushing your limiting beliefs. Make sure to take some time familiarising yourself with each step and then use the worksheet on page 10 to tackle your first limiting belief. Only work through one limiting belief at a time. You can come back to this tool and go through all the steps as many times as you need to.

STEP 1: IDENTIFY YOUR LIMITING BELIEFS

Approach this with no self-judgement, accept whatever comes to mind.
Use the self-reflection prompts below to help you in the process.

QUESTION PROMPTS

- In moments of doubt, what are the common thoughts that come to my mind about my abilities and worth as a business owner?
- What am I most afraid of failing at in my business, and what does this fear say about my underlying beliefs?
- What specific thoughts or beliefs have stopped me from taking important steps or making decisions in my business?
- Looking back, can I identify a time when a belief about myself influenced a business decision negatively? What was that belief?
- Whom do I often compare myself to in my professional circle, and how does this comparison make me feel about my own journey and abilities?
- Do I find myself hesitating to launch a new project or product because it's not 'perfect'? What does this say about my beliefs around success and failure?
- Have there been occasions where I've sabotaged my success or opportunities, possibly due to an underlying belief? What were the circumstances?
- How do I feel about my work-life balance, and what beliefs do I hold about what it means to be a successful businesswoman and maintaining personal life?
- What risks have I avoided in my business due to fear, and what beliefs are fueling this fear?
- What does 'success' mean to me, and are there any beliefs I hold that might be creating a barrier to achieving this success?

EXAMPLES

See if you identify yourself with any of the examples given below and add them to your list if so.

EXAMPLES OF LIMITING BELIEFS

- I'm not good enough.
- I don't have what it takes to succeed.
- I'm not as smart or capable as others.
- I must do everything perfectly, or I have failed.
- I don't deserve success.
- People like me don't become successful.
- It's too late to start or change.
- I must not fail, or I will be seen as a fraud.
- I must always be strong and never show vulnerability.
- If I ask for help, it means I'm weak or incompetent.
- I should be able to balance perfectly between business and personal life without any struggle.
- If I'm not constantly busy and productive, I'm not working hard enough.
- I have to please everyone and make sure nobody is upset with me.
- I'm too old or too young to be taken seriously in business.
- I can't pursue my true passions and be successful; it's not realistic.

MY LIMITING BELIEFS



STEP 2: UNDERSTANDING THE IMPACT

Take time to reflect on your limiting belief, ask yourself self-reflective questions, and use the following pages to note down what came to mind. See examples of self-reflection questions that might help you.

SELF-REFLECTION PROMPTS

- When have you felt this way and what triggered it?
- What makes you feel this way?
- How has this belief affected you and your decision making?
- Can you think of times when you felt different despite this belief?
- How might this belief be holding you back from opportunities?
- Who are you comparing yourself to and why?
- Are you realistic in your expectations of yourself?
- What underlying feelings or experiences might be driving this belief?
- How does this belief affect the way you pursue opportunities?
- How might this belief be limiting your potential?
- What drives your need to hold this belief?
- How does this belief impact your health and relationships?
- How does this affect your ability to make decisions or assert yourself?
- What fears or concerns are holding you back from pursuing your passions?
- How does this belief limit your creativity and potential for fulfillment?

STEP 3: CHALLENGING LIMITING BELIEFS

Provide logical counterarguments and evidence to challenge your limiting belief.

EXAMPLES

- Every individual has unique strengths and qualities. What matters is continuous growth and learning, not perfection.
- Success is not predestined but is the result of learning from failures, persistence, and adaptability.
- Perfection is an unrealistic standard. Real progress lies in doing your best and learning from each experience.
- Self-worth is not determined by external achievements.
- Your background or circumstances do not define your potential.
- Failure is a natural part of growth and learning. Even the most successful people have experienced failure.
- Showing vulnerability is a sign of strength and authenticity. It fosters trust and real connections.
- Seeking help is a wise and courageous act. It shows self-awareness and a commitment to improvement.
- Constant busyness is not a measure of productivity. Efficient work and taking breaks are vital for long-term success.
- It's impossible to please everyone. Focus on your values and goals, and understand that disagreement is part of growth.

STEP 4: REFRAMING AND TAKING ACTION

This is where you come up with a realistic and believable statement that you can use to reframe your limiting belief. Additionally, come up with one action step that will help you to overcome that belief.

EXAMPLES

- I am a work in progress, constantly learning and improving.
- Success is a journey, and every step I take is building my ability to succeed.
- Everyone has unique strengths; mine contribute in valuable ways.
- Perfection is not the goal; learning and growing from each experience is.
- Progress is more important than perfection.
- I am worthy of success and all my efforts are valid and important.
- My background is a strength, not a limitation.
- It's never too late to start a new chapter and pursue my goals.
- Failure is a stepping stone to success, not a definition of my worth.
- Showing vulnerability is a strength that fosters genuine connections and growth.
- Seeking help is a sign of wisdom and strength, not weakness.
- I cannot please everyone all the time, and that's okay. My authenticity matters more.
- My age brings a unique perspective that adds value to my business.

WORKSHEET

Implement the 4-step approach for your limiting belief. One limiting belief per page.

Write down what your limiting belief is in the box below.



Write down how this belief negatively influences your decision-making, self-esteem, and business growth.



Provide logical counterarguments and evidence to challenge your limiting belief.



Write down a realistic and believable statement to reframe your limiting belief.



Set a specific, achievable goal related to overcoming this belief.



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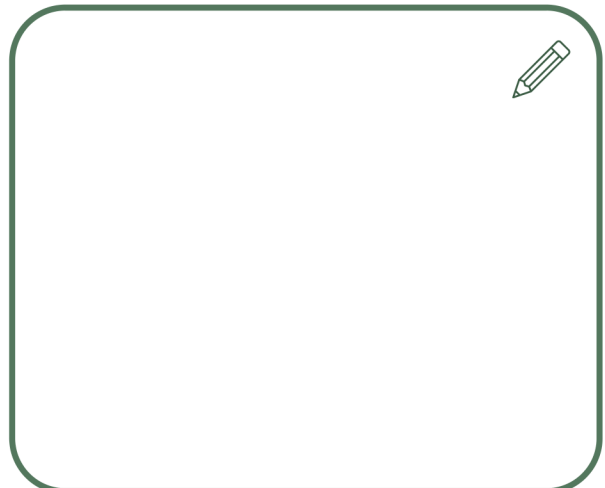
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YOU'RE READY FOR THE NEXT STEP

Congratulations on completing this powerful journey of self-discovery and empowerment. By engaging with this tool, you've taken a significant step towards breaking down the barriers of limiting beliefs and opening up a world of potential and success.

It takes courage to confront and challenge deeply ingrained beliefs. Acknowledge the strength you've shown in embarking on this journey. Remember, growth is a process, and every step forward, no matter how small, is a victory.

The path to overcoming limiting beliefs is ongoing. As you continue to grow, both personally and professionally, revisit this tool often. Use it as a compass to guide you, a mirror to reflect on your progress, and a source of strength when challenges arise.

YOUR NEXT STEPS

- **REFLECT:** Set aside time regularly to reflect on your progress and update your goals.
- **SEEK GROWTH OPPORTUNITIES:** it can be workshops, courses, and networking events that align with your goals.
- **CELEBRATE MILESTONES:** Acknowledge and celebrate your achievements, no matter how small they seem.

HAVE YOU EVER STRUGGLED WITH IMPOSTER SYNDROME AND LOW SELF-ESTEEM WHILE RUNNING YOUR OWN BUSINESS?

If you resonate with these challenges, I want you to know that you're not alone and I'm here to provide you with the guidance and support you need, using a trauma-informed and mindfulness-based approach that truly understands your unique journey.

With years of experience supporting businesses and a profound personal transformation journey, I've honed my ability to offer understanding-based solutions that can profoundly impact your life.

As a certified Health and Wellness Coach, I create a nurturing and safe space, fostering a loving community where you can peel back the layers and rediscover your inner strength. My goal is to empower you to transform not only your professional life but also your personal one, allowing you to step into your full potential.

Being a Mindfulness and Meditation teacher, I blend my expertise with a deep love for nature, providing you with a holistic healing experience that encompasses your mind, body, and soul.

You deserve a life filled with joy, balance, and strong self-belief, and I'm here to help you achieve just that. Let's begin an honest conversation about how I can support you on this transformative journey towards success, self-discovery, and lasting fulfilment.

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THANK YOU

As you move forward, carry with you the knowledge that you have the power to shape your reality. The beliefs that once limited you can become the seeds of new opportunities and success. Embrace your journey with an open heart and a willing spirit.

Here's to your continued growth, empowerment, and success. The future is bright, and it's yours to shape.

KASIA HETMAN