



## Key Advice

### Examples of turning limiting beliefs into helpful ones

Limiting belief	Helpful belief
It has to be perfect	I'm fine just as I am Good is good enough
I won't be able to do it	I have confidence in myself I can do this I trust my abilities
I have to be friendly/I want to be liked	I value myself I can be myself You and I are both okay, even if we don't agree
Never mind, no one will listen to me anyway	I take myself seriously My input is valuable I matter I have confidence in myself
I'm not good enough	I'm good the way I am I matter I have confidence in myself
I don't know how to handle it	I have confidence in myself I can do this I trust my abilities I trust my intuition
I have to prove myself	I'm fine just as I am
I am responsible for everything	I can let go I trust others



I have to be faster	I do what I can Every step counts
I have no influence	I have influence I matter and can make a difference I can persuade people I shape my own life
I should avoid criticism	I can be myself I am open to feedback and learn from it I stand by my opinion I am eager to learn
I need to stay in control	I can let go I have confidence I give myself space to discover I open up I trust the right thing will happen
I must not make mistakes	I'm allowed to make mistakes I'm fine just as I am I'm doing my best, and that's enough Mistakes are a valuable opportunity to learn
I work hard enough, I will succeed	I can relax I trust my instincts I do what I can, and that's enough I have succeeded