



## Limiting Beliefs Self-Assessment Test

Instructions: Respond to the statements by placing a check mark in the box for ‘very true’, ‘somewhat true’, or ‘not at all true’. After you finish responding to all the statements, add up the total points and see the evaluation guide below to find out how much your life is impacted by limiting beliefs.

Statement	Please select <u>only one response</u> for each statement		
	Very True (3 points)	Somewhat True (2 points)	Not at all True (0 points)
I am generally optimistic about my <i>ability to change things I don't like about myself</i>			
I am generally optimistic about how I can change circumstances of my life			
I am generally optimistic about how my career is unfolding			
I am generally optimistic about the state of my finances			
I am generally optimistic about my romantic relationship			
I am generally optimistic about my relationship with close family members			
I am generally optimistic about my relationship with my closest friends			
I am generally optimistic about my future			
I am generally optimistic about my ability to overcome major challenges in life			
I can set goals that make me feel uncomfortable			
I can quickly shift out of frustration or anger and into peace and calm			
I can maintain a healthy body			

Total (add up all the points) = \_\_\_\_\_

See next page for your results on how much your life is impacted by limiting beliefs



## How Much is your Life Impacted by Limiting Beliefs?

Take a look below at the scores range to see how much of your life has been adversely affected by subconscious programming

**Score between 0 - 12:** Your current beliefs are holding you back from experiencing your most fulfilled life. You may want to start being consciously aware of your emotions and when experiencing unwanted emotions, replace these with feelings of gratitude and appreciation. You will greatly benefit from the *Free Yourself from Limiting Beliefs* program

**Score between 13 -24 :** Your beliefs are actively working to stop you from playing big and living a fulfilled life. By becoming more aware of which beliefs are translating into behaviours and attitudes, you will be able to overcome them and improve your future. *Free Yourself from Limiting Beliefs* program will help you quickly move to the next level.

**Score between 25 - 36:** You have worked on yourself and are becoming more conscious of the belief systems that guide your path. Continue to monitor your behaviour and attitudes and use the tools you already access to move into your greatest expression. The *Free Yourself from Limiting Beliefs* program may not be for you. You may benefit from a one-on-one coaching program to help you achieve your ambitions for life.

## Next Steps

Take the self-assessment again when you experience an unwanted emotion or are dealing with a difficult situation and see how well you can move through the situation. Most individuals need support to help them move through the four stages of freeing yourself from limiting beliefs:

1. Identify your wants and needs
2. Uncover your limiting beliefs
3. Re-program your limiting beliefs at the cellular level
4. Aim big and stop playing small

***Free Yourself from Limiting Beliefs*** is a four-part program that will give you the ability to identify and overcome self-imposed limitations by applying a simple yet effective set of techniques that have been proven to change people's lives for the better.