



## Carry your LYBL BLUEPRINT journal around with you for a day.

**D**raw a line down the middle of the page so that your page has 2 columns. At the top of the first column on the left hand side write down the heading 'Limiting Beliefs' and on the top of the second column on the right hand side, 'Expanding Beliefs'.

As you go about your daily activities, keep your LYBL BLUEPRINT journal nearby and record any thoughts that you hold 'true' about yourself, someone else, a situation or life in general.

If it is a thought that stops you, limits you or undermines you, write it down in the 'Limiting Beliefs' column. If it is a belief that supports who you are and what you are trying to accomplish in life, then put it under 'Expanding Beliefs'.

At the end of the 24-hour period, tally how many of each kind of belief or thought you had. Did you have more limiting beliefs than expanding beliefs?

If you did, that's okay for now, as coming up in this section there is a coaching exercise designed to help you turn the ratio around.

Did you have more expanding beliefs than limiting beliefs? Great stuff! Take action and keep collecting evidence to support your mission.

You should now have a clear picture of the quality of your beliefs and the riverbeds that are your brain's natural path. If you're not happy with what you've found, you'll have all the tools you need to change the tides by the end of this section.



# 'LYBL THROUGH WRITING'



## Creating Expanding Beliefs

**G**o back to your list of limiting beliefs and expanding beliefs in your LYBL Blueprint journal. Which of your limiting beliefs were the most damaging and limiting?

Transfer those onto a new section of your 'LYBL through Writing' in your LYBL Journal over the page.

If you have several beliefs, do this exercise with each one written separately.

For each limiting belief, write down all the evidence you can think of that belief that is true. (When Danni (as used as an example from my 'Live Your Best Life™' book did this exercise, her belief was that she was not worth people's kindness. As evidence, she wrote down: "People are not kind to me", "I am not getting through to people I want to be hired by", and "I am not getting along well with some of my closest friends".)

Next, for each limiting belief, write down what the secondary gain is or what is the price you pay to hold onto that belief. For example, Danni's secondary gain was feeling sad, isolated and down on her luck.

Now that you understand the basis of your limiting belief better, let's explore the expanding belief that may be lying dormant and hidden, simply waiting for you to tap into it or activate it.

Write down a result or outcome you would like for your life right now.

For example, Danni chose feeling valued.

Then write down what evidence you would need to see to know that outcome had come to pass. Danni, of course wanted to land a job, but to attain her desired outcome of feeling valued, she also needed to see people treating her with respect.

Finally, ask yourself what belief you think would need to birth for the action necessary to collect/look for the evidence mentioned above. Danni's expanding belief, if you recall from earlier, was that people are well meaning and she was worth their positive attention. This belief allowed her to interact with people from a position of strength.

Look over what you just wrote.

Does it make you feel excited and challenged?

Is it within the bounds of your current life circumstances?

If so, then, yes, this is your new expanding belief.

Now that you've had time to reflect on this coaching exercise, you may want to tweak your expanding belief to be sure that it is one that fits and that you can work with until you've reached the outcome you want.



In the '*Live Your Best Life™*' book, which accompanies this BLUEPRINT journal, you would have met Mary, whose limiting belief was limiting the possibility of her business's growth?

If you imagine Mary doing this coaching exercise, the outcome she would have wanted would be to increase the income from her business. The evidence required would be more clients, more money, more ease of making things happen.

Mary did the coaching exercise in just this way, and she arrived at the expanding belief that freed her to take action: "I can have a successful business and still have the freedom to enjoy my life".

Once she really believed this, she could create her business the way she wanted it to be.



