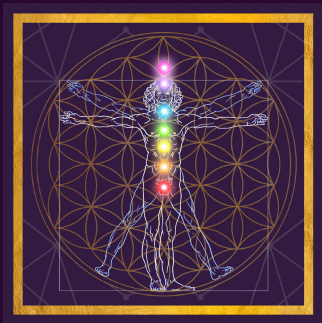


WHAT ARE YOUR BELIEFS COSTING YOU?



SHARON WHITE

What Are Your Beliefs Costing You?

If society had nothing to do with it, if you were not afraid about the outcome, if you weren't afraid about what other people thought about it, what would you do?

What limiting beliefs are you holding on to?

What limiting beliefs have other people given you?

What have those beliefs cost you in life?

What have you missed out on?

How has this lowered your confidence?

Write it all in the space below.

Limiting Belief

**What Is It
Costing Me?**

The worksheet consists of two columns. The left column is titled "Limiting Belief" and the right column is titled "What Is It Costing Me?". A vertical solid line runs down the center of the page, separating the two columns. The entire page is filled with horizontal dotted lines, providing a guide for writing.

Limiting Belief

**What Is It
Costing Me?**

The worksheet is divided into two columns by a vertical solid line. The left column is headed 'Limiting Belief' and the right column is headed 'What Is It Costing Me?'. Both columns contain 20 rows of horizontal dotted lines for writing.

Limiting Belief

**What Is It
Costing Me?**

The worksheet is divided into two columns by a vertical solid orange line. The left column is headed 'Limiting Belief' and the right column is headed 'What Is It Costing Me?'. Both columns contain 20 rows of horizontal dotted orange lines for writing.

Limiting Belief

**What Is It
Costing Me?**

The worksheet is divided into two columns by a vertical solid line. The left column is headed 'Limiting Belief' and the right column is headed 'What Is It Costing Me?'. Both columns contain 20 rows of horizontal dotted lines for writing.

**"It is easier to let go of beliefs when you know
what holding onto these beliefs is costing
you." - Sharon White**