

# unLimited Beliefs Worksheet

Print this sheet. Using the example below, fill out both portions. Tape it to your mirror or desk and read it daily.

*You cannot change that which you cannot acknowledge!*

I refuse to believe...

1. That I can't lose weight because everyone else in my family is overweight

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

*Change begins in your mind!*

I choose to believe...

1. That if I work hard and set goals, the weight will come off

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_