

*Barbara Nixon*

**THE SUCCESS  
MINDSET  
BOOTCAMP –  
WEEK 3**

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## Lesson 7 – Identifying your limiting belief

What is a limiting belief?

Make a note of any limiting beliefs that pop up for you

Share any limiting beliefs that have popped up for you in the comments section

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## Lesson 8 – Moving past limiting beliefs

Take a look at the limiting beliefs you made a note of earlier...how true are they for you today? What evidence do you have? Are you ready to leave them behind?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on limiting beliefs.

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Have a go at creating some positive affirmations...take a look at each negative statement that you've identified and turn it into a positive statement.

Remember:

1. It should sound like something you'd naturally say
2. It should be written in the present tense...'I am', 'I have' etc
3. It should be positive

Once you've done this put your positive statements where you can see them throughout your day.

Negative statement	Positive affirmation

Share your positive affirmations in the comments.

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## Lesson 9 – Experimenting

Create an experiment for something you'd like to achieve.

What is the experiment?

What would you like to achieve?

What are the actions / steps?

What went well? What could be improved?