



January 25, 2022 with Valerie Simms
Steps To Clear Limiting Beliefs

Step 1. Pick a topic that you want to clear a limiting belief around.

Step 2. Write down a list of limiting beliefs you have around this topic.

Step 3. Thank these beliefs for how they have protected you in the past.

Step 4. Forgive yourself and others for all the different beliefs you have developed.

Step 5. Give yourself permission to honor your limiting beliefs and move past them.