



# YOUR WORKSHEET FOR Identifying **Your #1 Limiting Belief** That's Keeping You From Your Greatest Life!



## 4 SIMPLE TIPS TO GET THE MOST OUT OF THIS VIDEO TRAINING:

- 1 | Print out this worksheet before you watch the video so you can write down your notes and insights as you listen.
- 2 | Be sure to remove all distractions and really give yourself the gift of being fully present so you can identify your #1 Limiting Belief.
- 3 | Be honest with yourself when rating your Limiting Beliefs.
- 4 | At the end of the video check your ratings to identify your #1 Limiting Belief!

This worksheet will help you uncover your **#1 Limiting Belief**, so you can eliminate it forever, and begin living a life full of abundance & happiness.



## **#1 Core Limiting Belief: "I am not loved."**

One of the clear tell-tale signs, that this is your #1 belief, is that you find yourself feeling unworthy, hurt, abandoned, left, sad or depressed.

If this is your core limiting belief, you may find yourself thinking thoughts like...

***In regards to your Relationships:*** I've got to fix me, change me or be perfect, in order to be worthy of love.

***In regards to Money:*** If I can just work hard enough, then I will deserve the money, but I have to earn it.

***In regards to your body or health:*** You may find yourself having judgments about your body, you're not pretty enough, thin enough, perfect enough to be loved.

### YOUR ASSESSMENT

**On a scale of 1-10 be honest, how true is this statement for you? "I am not loved." Again if this is your core belief, you may often feel: unworthy, hurt, abandoned, left, sad or depressed.**

  
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**#2**

**Core Limiting Belief: "I feel there is something that I am fundamentally lacking, needing or missing. Therefore I need to get that thing before I can be happy, feel safe, or feel loved."**

This belief category keeps you searching for love outside of yourself. One of the clear tell-tale signs that this is your #1 belief is that you find yourself feeling unhappy, not feeling fulfilled exactly where you are in the moment, you may also find yourself stuck in your mind. And the thoughts that you might think are...

*In regards to your Relationships:* Once my partner shows up, or my current relationship improves, then I'll be happy and feel loved.

*In regards to Money:* Once the money shows up then I'll feel safe or be happy.

*In regards to your body or health:* Once my body heals then I'll be able to finally be happy.

## YOUR ASSESSMENT

On a scale of 1-10 be honest, how true is this statement for you? "I feel there is something that I am fundamentally lacking, needing or am missing." The feelings associated with this are feeling unhappy, not feeling fulfilled exactly where you are in the moment, and stuck in your mind.



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**#3**

### **Core Limiting Belief: "I often am scared about the future because things don't work out for me."**

One of the clear tell-tale signs that this is your #1 belief is that you find yourself feeling anxious, unsupported, scared or fearful about the future, this belief may also have you trying to control everything.

If this is your core limiting belief, you may find yourself thinking thoughts like...

***In regards to your Relationships:*** When you think about your relationship you're scared about where you're going, what's going to happen, how will he or she react, and preparing for how it's not going to work out.

***In regards to Money:*** You worry about where it's going to come from and how you're going to survive.

***In regards to your body or health:*** Let's say your at the doctors office, you would be scared of what your doctor will say. As if the other shoe always drops and the rug will get pulled out from under you.

### YOUR ASSESSMENT

**On a scale of 1-10 be honest, how true is this statement for you? "I'm scared about the future because things don't work out for me." Again, you may often feel: anxious, unsupported, scared or fearful about the future, this belief may also have you trying to control everything.**

  
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**#4**

## **Core Limiting Belief: “Nobody really values me, sees me, acknowledges me or gets me.”**

One of the clear tell-tale signs that this is your #1 belief is that you find yourself feeling worthless, scared to express yourself, and you might find yourself unconsciously withdrawing.

You may find yourself thinking thoughts like...

*In regards to your Relationships:* Either, I’m not enough, or I’m too much and intimidate everyone.

*In regards to Money:* You won’t let yourself get paid for what is fun and easy for you.

*In regards to your body or health:* You find yourself not taking care of your body. Not exercising, not eating healthy. Not really taking care of you.

### YOUR ASSESSMENT

**On a scale of 1-10 be honest, how true is this statement for you? “Nobody really values me, sees me, acknowledges me or gets me.” If this is your core #1 belief you may often feel: worthless, scared to express yourself, and you might find yourself unconsciously withdrawing.**



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## **#5 Core Limiting Belief: "It's just not possible for me."**

One of the clear tell-tale signs that this is your #1 belief is that you find yourself feeling disappointed, not free and not happy. You may find yourself thinking thoughts like...

***In regards to your Relationships:*** My soul-mate isn't out there for me. All the good ones are already taken. Or you find yourself disappointed with your current relationship but you settle thinking, I guess this is just the way it is.

***In regards to Money:*** No matter what I do I just can't seem to create wealth. Maybe it's possible for other people, but not me.

***In regards to your body or health:*** I guess I'll just have to live with this body condition. It's just the way my body is.

### **YOUR ASSESSMENT**

**On a scale of 1-10 be honest, how true is this statement for you? "It's just not possible for me." With this core belief you may often feel disappointed, not free and not happy.**

  
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*OK, so let's recap the five categories and now let's pay attention to how they feel in your body, so that you can feel into which one of these 5 most applies to you. Allow yourself to be present and as I say the statement, feel into the level of emotional charge that is coming up for you. The largest emotional charge is probably your #1 limiting belief.*

*So, on a scale of 1-10, take a deep breath and let go, now be present in your body, which statement brings up the most emotional charge?*

#1: "I am not loved."

#2: "I feel there might be something that I fundamentally lack or am missing."

#3: "I often am scared about the future because things don't work out for me."

#4: "Nobody really values me, sees me, acknowledges me or gets me."

#5: "It's just not possible for me."

## YOUR RESULTS



My # 1 Core Limiting Belief is: \_\_\_\_\_  
\_\_\_\_\_

Now that you know what your #1 Limiting Belief is, lets eliminate it!

In my upcoming free webinar Masterclass called, *Exposing the Top 3 Myths that Sabotage Your True Success*, I'll show you how to easily step into a happier, healthier, more successful version of yourself by showing you the 3 harmful myths that are anchoring your limiting belief in place!

Visit [www.RikkaLive.com](http://www.RikkaLive.com) to reserve your seat for an airing of the Masterclass.