

## 5 “Action-Taker” Questions

1) Do you have any limiting beliefs? What are they?

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2) What are the exact opposite beliefs as the ones you listed?

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3) How do those new beliefs feel compared to your old, limiting ones?

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4) Is it certain, beyond a shadow of a doubt, that the beliefs you listed in response to question #1 are ALWAYS true, in EVERY possible case, no matter what the circumstances?

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5) Is it certain, beyond a shadow of a doubt, that the beliefs you

listed in response to question #2 are ALWAYS false, in EVERY possible, no matter what the circumstances?

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**BONUS:**

Tonight, before you go to sleep. Imagine yourself acting in accordance with one of the beliefs you listed **in response to question #2**. Don't tell anyone about it. Just close your eyes, and use your imagination. It's a fantasy, don't worry about whether it's true or false. Your brain can't tell the difference.