



**Welcome to Launchpad to Limitless:
Your 5 Day Challenge to Eliminate Your Limiting Beliefs!**

I am Michelle Walters, MBA, CHT and Certified Leadership Coach, and I am so glad to have you with me on this journey. In the next 5 days, you will surface, score, shoot down and subdue your limiting beliefs. How?

Step One

Join me if you can for a one hour live (and recorded) session every morning Monday September 9 to Friday September 13. I'll share a 20-30 minute lesson and reserve about 30 minutes for Q&A. If you miss a session, catch the recorded session later the same day.

Step Two

Do your homework! Each day of the challenge there will be a 15 - 30 minute activity and an audio track to listen to. The homework is not hard or overwhelming. It is important. Energy In => Energy Out. To maximize your results from this challenge and make the most progress on your limiting beliefs, keep up with the daily assignments.

Step Three

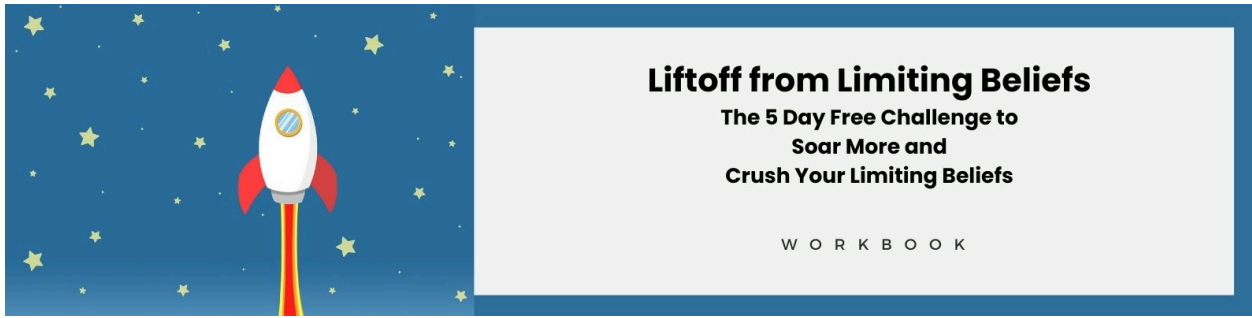
Participate in the Launchpad to Limitless Facebook Group, daily if possible. Listen to the hypnosis track. Share your accomplishments and questions. I'm here to help. Members can help and support other members. Support is an important part of achieving your best results.

On Friday September 13, look back on all the progress you've made! You will have made significant headway to eliminating your limiting belief.

The Link to Rule them all!

<https://www.michellewalters.net/classes/limitlesssept24>

Here you will find the MANY resources I have prepared for your journey: a workbook (this one), a hypnosis mp3, office hours, a facebook group.



Day 1: Where will your rocket take you?

Did you know that just about everyone, from the most successful leaders to everyday individuals, harbors some form of limiting belief? These are the pesky thoughts that tell us we can't achieve our dreams, but guess what? We're here to change that! In this challenge, we're going to uncover these hidden barriers and transform them into powerful stepping stones. By recognizing and reshaping our limiting beliefs, we'll unlock our true potential and set the stage for incredible personal growth and success. Let's dive in and start this exciting journey towards a more confident and limitless you!

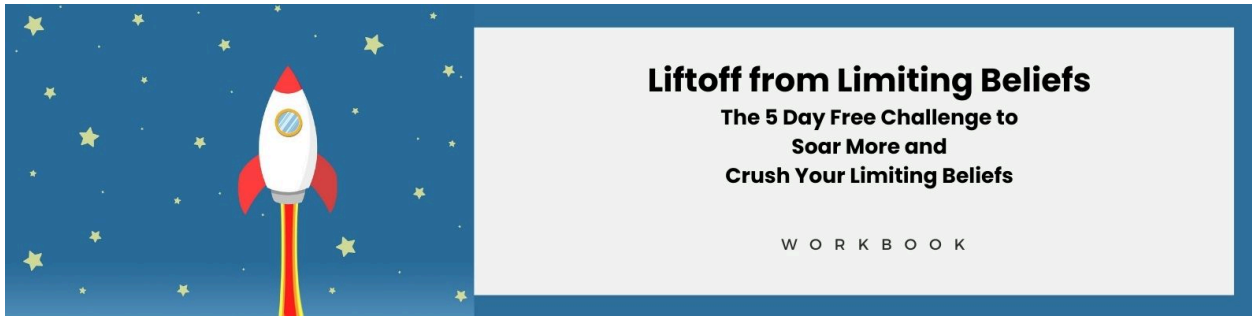
A limiting belief is a self-imposed thought or assumption that restricts one's ability to achieve their full potential or pursue opportunities. It can be personal or professional. It might have started recently or a long time ago. Here are 5 examples of limiting beliefs:

1. "I Don't Have Enough Time to Balance Everything"
2. "There is no way I can do what I need to do to fulfill my dreams."
3. "I can't seem to give up this bad habit or addiction."
4. "A recurring thought or thought pattern gets in my way of doing what I want to do with my life."
5. "I can't drive on the freeway / over the bridge."

Day 1 Activity 1

Most people have multiple limiting beliefs. In the space below, write several of your limiting beliefs. When you have finished making your list, score each limiting belief between 1 and 100. If you never think about it, give it a 1. If you think about it sometimes, score it 50. If you think about it everyday, score it 100. If you need more room, write on the back of the page.

Limiting Belief	Score

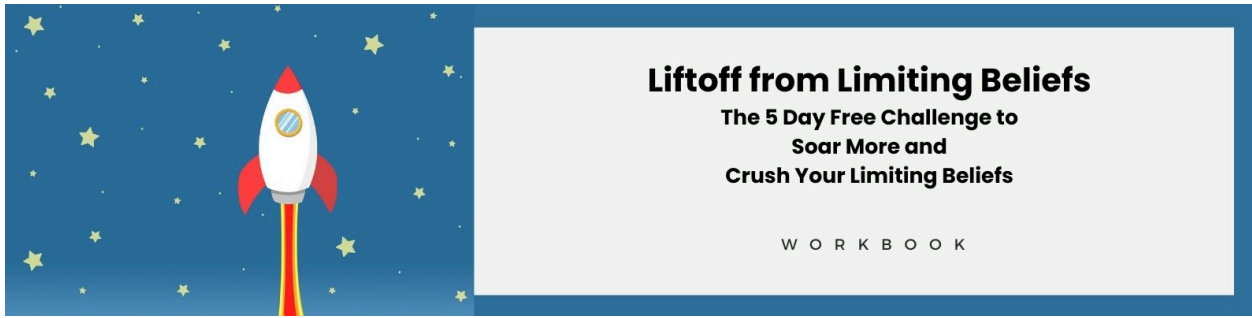


Day 1 Activity 2

Choose 1 of the limiting beliefs from your list. I recommend choosing a belief that did not score the highest and did not score the lowest.

Write 3 to 5 sentences below about how this limiting belief affects your life. Consider what it does to your mentality and outlook. Also think about what effects this limiting belief has on your actions and opportunities. The more real you can be here, the more power you will put into your efforts to shift your limiting belief.

Now, write 3 to 5 sentences about how your life would be different if you no longer had this limiting belief. How would you feel? How might life open up for you? What new possibilities could appear?



Day 2: Challenge your limiting belief

Limiting beliefs are often deeply ingrained, yet they are not rooted in factual evidence. These beliefs are perceptions we've developed over time, influenced by past experiences, societal norms, and internalized fears. They act as mental barriers, holding us back from reaching our true potential and achieving our goals.

We have all overcome many limiting beliefs in our past. Here are some common examples:

1. "I will never graduate."
2. "I'll never learn how to _____."
3. "It's hopeless. I will never be able to save enough money to _____."

Day 2 Activity 1

In the space below, write down 1 limiting belief you have conquered some time in your past.

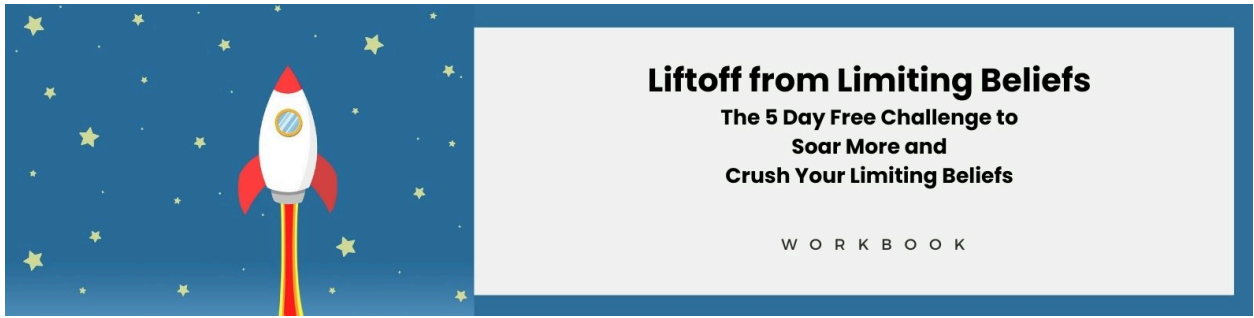
Day 2 Activity 2

For the belief you wrote about yesterday, what are the facts? There are facts on both sides. This exercise is meant to help you challenge the facts that limit you so you can start to separate facts from beliefs. Here is an example.

Belief: "I Don't Have Enough Time to Balance Everything."

Facts

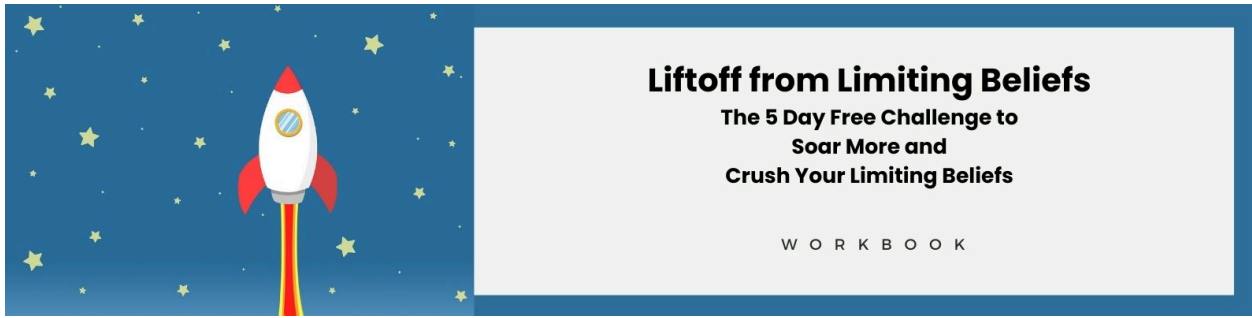
Supports Belief	Contests Belief
Last week I didn't get done nearly as much as I wanted to.	What happens in the future may or may not replicate the past.
I have more obligations than almost anyone I know.	It is possible to prioritize and revisit my obligations.
I am a horrible time manager.	I am a good learner! I could learn new ways of doing things.



Fill out the table below for your belief. Make it a point to put more focus into the Contests Beliefs side of the table. Try to write twice as many Contests Beliefs as Supports Beliefs.

Facts

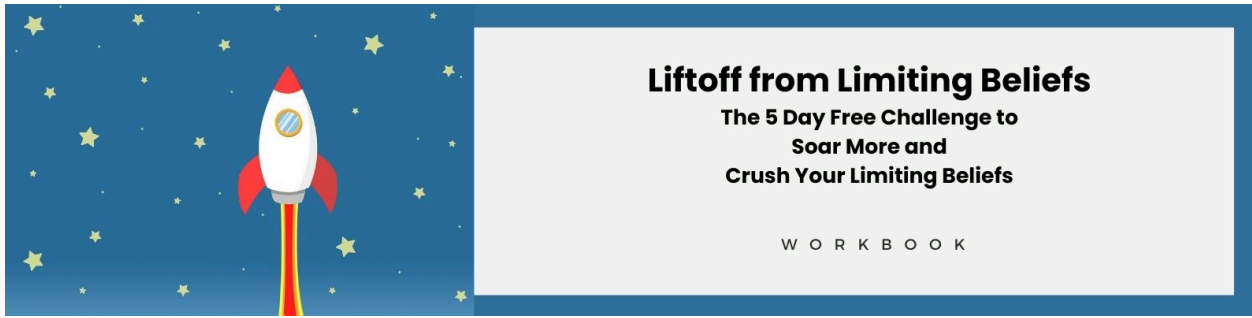
Supports Belief	Contests Belief



Day 2 Activity 3

Limiting beliefs are usually partially embedded in the subconscious, because the subconscious is the home of feelings and memories. To weed out your limiting beliefs, consider the following questions. Write a few sentences about one or two questions that feel most pertinent to you.

- What evidence do I have to support this belief?
- Is this belief based on facts or assumptions?
- Where did this belief come from?
- Have I always held this belief? If not, what changed?
- How does this belief serve me? How does this belief limit me?
- Who would I be without this belief?
- What would I say to a friend who held this belief?
- Who are some other people who have overcome this belief?

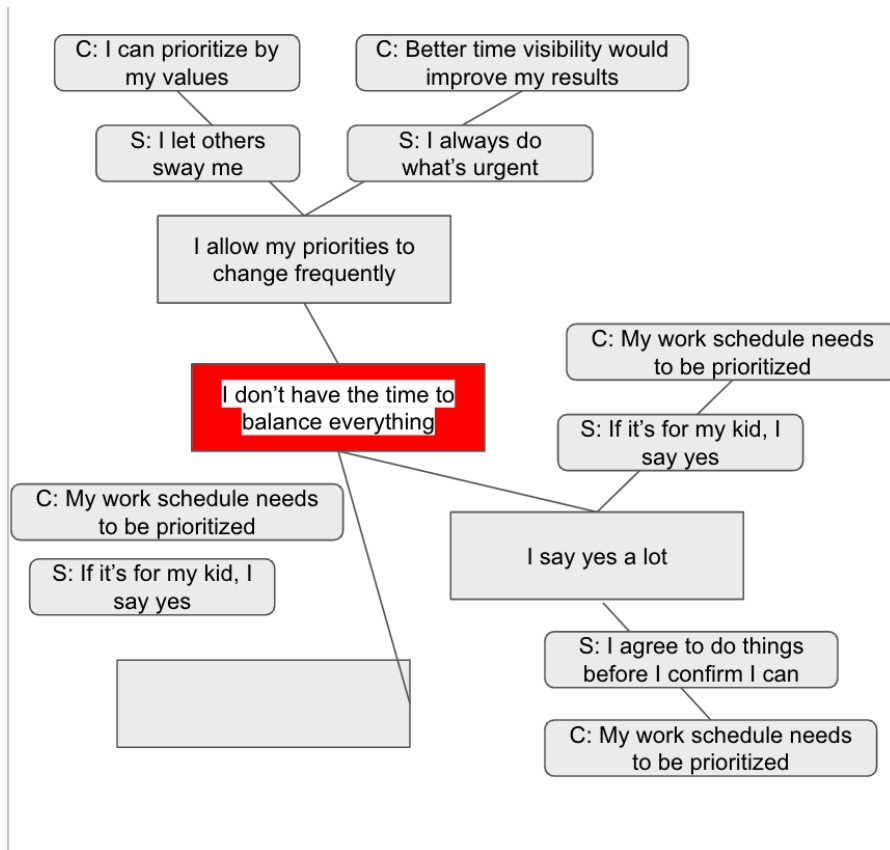


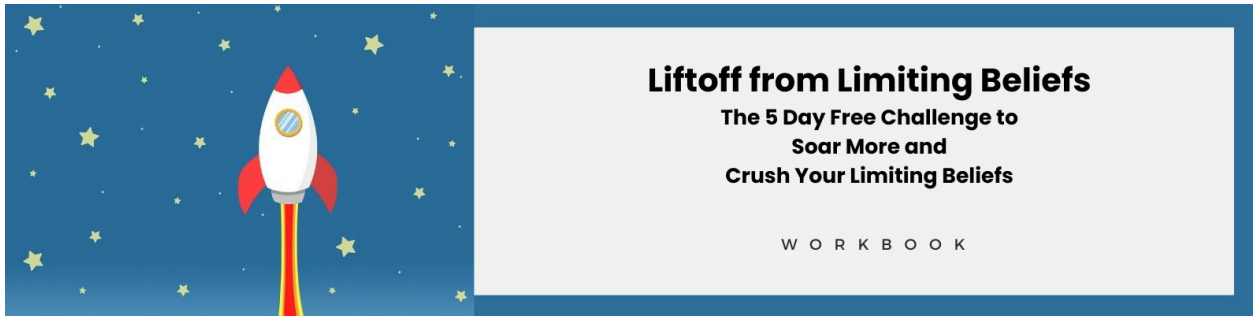
Day 3: Look Through a New Frame

It is often helpful to reframe a limiting belief. In almost every case, there is a different way of looking at your belief or thinking about it that disempowers the belief or empowers you and your ability to shake it off.

Day 3 Activity 1

It can be helpful to construct a mind map to visualize your limiting belief. This is an extension of the work you did yesterday in Activity 2. See the example below. On the following page, draw your own mind map for your limiting belief. In the center of your mind map, summarize your limiting belief in a few words. On one side select a few bullets about where it came from, how you feel about yourself and supporting beliefs. On the other side, choose a few of your contesting beliefs and how you would feel if you overcame your limiting belief.



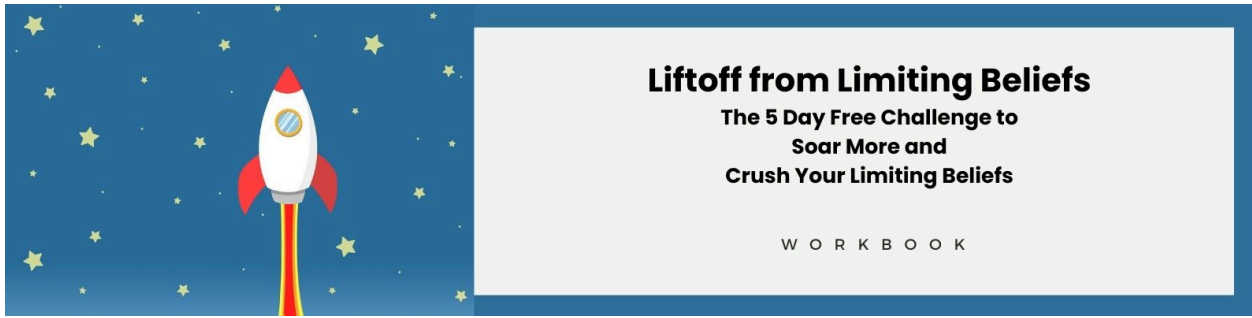


Liftoff from Limiting Beliefs

**The 5 Day Free Challenge to
Soar More and
Crush Your Limiting Beliefs**

W O R K B O O K

Create Your Mind Map of Your Limiting Beliefs on this Page



Is your limiting belief too high?

Sometimes people have limiting beliefs because they are setting their sights too high to start. For example, maybe you can't believe you can lose 100 pounds, but you could believe you could lose 20. Solution: Lose 20 and then do it 4 more times. Another example: maybe you can't believe you could find 10 new clients. Solution: Go for 3, get them, and then find 3 more, and then 4 more. Be willing to lower the bar so you can get going.

Is there a story that might explain it?

Often limiting beliefs are based on a story. Once that story is surfaced and reconsidered, the limiting belief may break down. Here is an example:

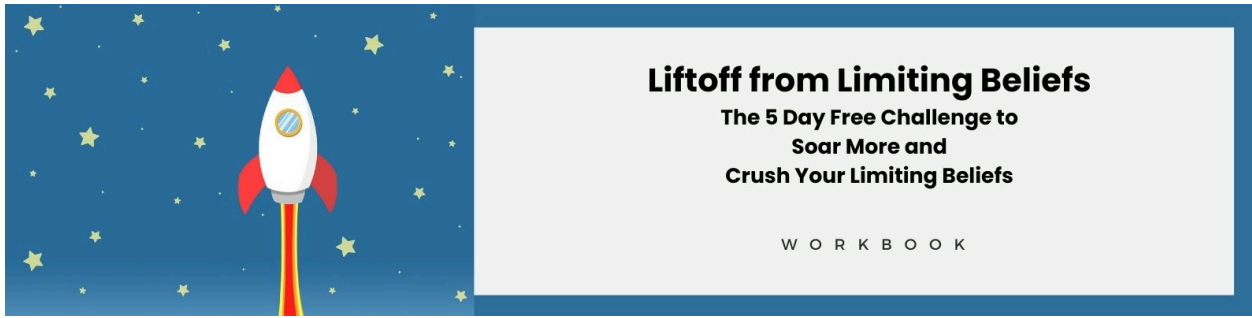
“Jane has been afraid of bumblebees her whole life. She has never been stung. A woman in her 40s, she would very much like to be comfortable outdoors, but because of her irrational fear of bees, she runs from her car into buildings. Jane can't enjoy a pleasant summer evening on the patio or a picnic with friends. She believes it is pretty much impossible to get over this unfounded fear of bees.

“After telling her aunt about her fear of bees, Jane's aunt shared a story with Jane that Jane did not remember. When Jane was six, her aunt was in charge of taking care of her for a day because Jane's mother had to help Jane's older sister. The aunt had taken Jane to a garden where there were spring flowers and bees buzzing. Jane's aunt explained to Jane in the garden that her big sister was receiving a major operation and might not survive (the sister did survive). Six year old Jane subconsciously connected the bees with the fear for her sister. Once this association was surfaced, Jane easily let go of the fear of bees and could be outside fear-free.”

Your story does not need to be true. All that matters is that it makes sense to you, doesn't harm anyone else, and puts a crack in or shatters your belief.

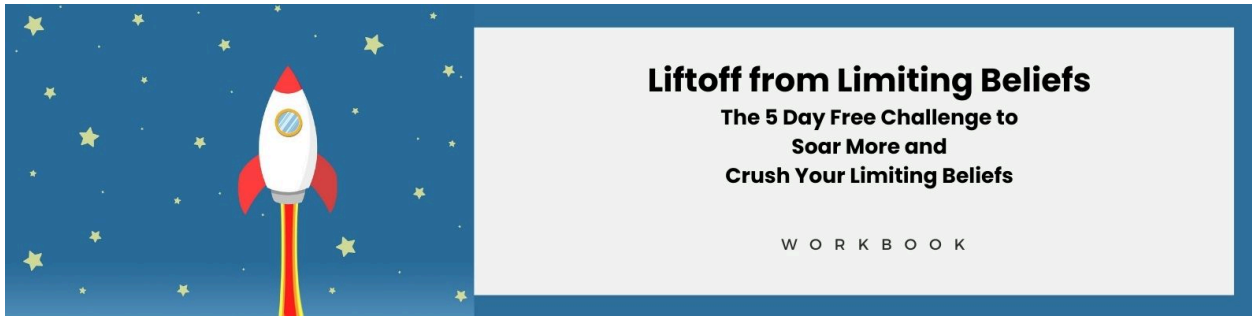
Day 3 Activity 2

Write a story, real or make believe, that can explain your limiting belief. If you run out of space, use the back of this page.



Day 3 Activity 3

What have you learned? What are your findings or patterns? What do you want to do? What do you want to start doing and what do you want to stop doing? Reflect on your take-aways and write a few sentences.



Day 4: Get Going

Good job! In just three days you have defined, challenged and reframed your limiting belief. Now it's time to take action!

It's time to actively challenge your limiting belief. Review what you wrote on page 3 about what life would be like once this belief was gone. Even if you only see your belief as cracked, not shattered, it will help it to continue breaking down if you can find a way to take an action.

You might need to take a small action. Your action may feel simple or duplicative. It may be something a little embarrassing. That's ok. What is important is that it is related to the limiting belief and is a step in the right direction.

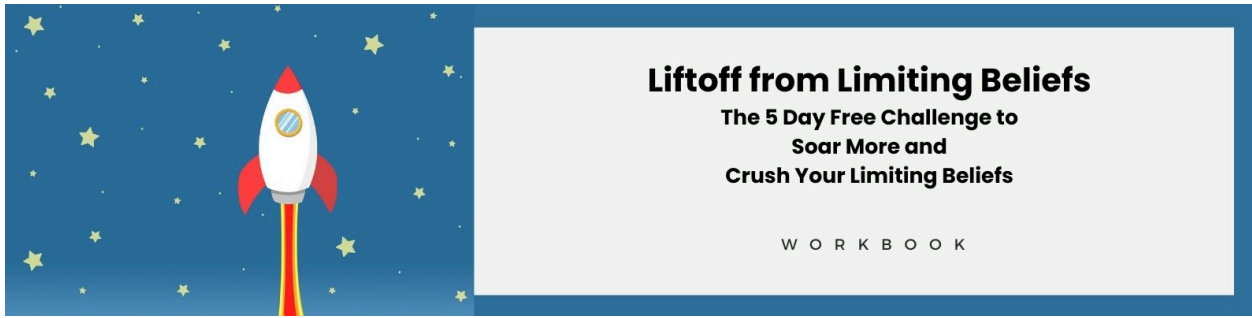
Here is an example. Recently I fell out of my exercise habits. A few months ago, I was going to a strength training class at my gym two days a week and walking 4 miles every weekend. After I stopped doing this routine, I came to believe I would never be able to get back to doing an exercise routine.

Instead of going back to that exact routine, I chose an interim solution. Instead of two days of strength training and 1 day of 4 miles, I decided I would walk 1.5 miles to get a coffee and 1.5 miles home 5 days a week. Is the new routine as healthy as the prior routine? I don't think so. But I am doing it and it is much better than doing nothing. I can work my way back to the prior routine or define a new one. My limiting belief of "I can't stick with an exercise routine," has been cracked.

Day 4 Activity 1

Remember, Rome was not built in a day! It takes a first step to get anywhere. Write down what the first step is you are going to take and when you will take it.

After you have defined your first step, it's time to start thinking about the bigger picture.



Day 4 Activity 2

Set a goal around your limiting belief. The best goals are ones that are SMART: Specific, Measurable, Achievable, Relevant and Time Bound. The best day to start is today and the second best day to start is tomorrow. Write up your action plan for your limiting belief below.

Here is an example: I will walk 3 miles a day five days a week starting tomorrow to reestablish my exercise routine. Write your SMART goal here.

Day 4 Activity 3

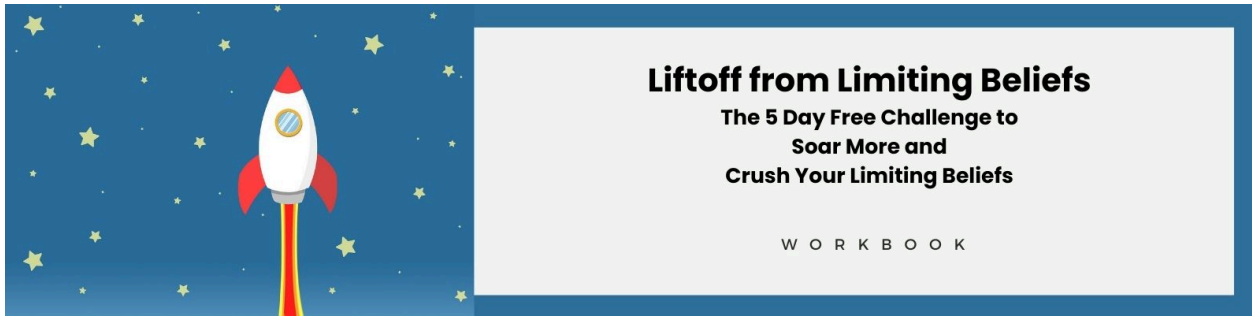
You are not alone. All of us live in a network of people, friends, family, colleagues, neighbors, and many others. The best way to overcome limiting beliefs long term is to be open with one or more people about what challenges you and your efforts to overcome unhelpful beliefs.

Write the name of 1 or ideally 2 people who you can talk to about your limiting belief and what you are doing to shake it off or eliminate it.

Remember - you can do this!

Go back to page 4 of this document, and remind yourself about the limiting beliefs that you already overcame (Day 2 Activity 1). Set a timer for 2 minutes, close your eyes and relax. Picture that earlier experience and time.

It is very helpful to revive this positive feeling of accomplishment. When you feel the positive energy of this feeling, it helps your mind and body move into the right energy to see how you can overcome other limiting beliefs.



Day 5: Time for Take-Off

You have made tremendous progress! Take about 3 minutes now to write a few sentences about how you feel now about the limiting belief that you have been working on.

How has your perspective on your limiting belief changed over the last 5 days?

Have you defined and taken a single step toward?

Are you ready to tackle the other limiting beliefs on your list? Why or why not?



Next steps

If you missed the daily sessions / videos or fell behind, never fear! You have the weekend to catch up.

On Monday, the group page (<https://www.michellewalters.net/classes/limitlessept24>) will convert from a public page to one that is password protected. If you would like to retain access to this content, you can pay \$49 and I will send you the password. The link to pay is <https://intuit.me/3Tk2mLL>

If your limiting belief is still hanging on, you might need some private assistance. As I have shared in the class videos, one on one help is the way to go for certain persistent beliefs. I have a great deal I want to offer you. For \$599, I will meet with you for 5 online 1 hour sessions, using a blend of coaching and hypnosis, to help you with your limiting belief. This offer is 33% off my regular session price for 5 sessions and is only available through Monday 9/16. Most of my clients succeed at removing their limiting belief in 5 sessions. To claim this offer, submit payment through this link by Monday 9/16.

<https://intuit.me/4gfb2Q>

I would love your feedback! Answer a few questions on my google form:

<https://forms.gle/8zTd2GpsSXj72WNc8>

To encourage you to fill out the google form with your feedback, I will be offering **1 FREE Online hypnosis session** to a randomly drawn person who fills out the form. An email will go out about 10 days after the challenge to alert the winner. Respond today!

It is my sincere wish that you have gotten a lot out of this class and have a better understanding of yourself. I have many other programs I do in both leadership and hypnosis, and I would love to see you or a friend at a future event. Please consult my website and particularly my /classes page for the latest news!

<https://www.michellewalters.net/>

Thank you!

- Michelle