AMANDA | GIROUX
The Food Addiction Coach

WORKBOOK

Limiting Beliefs

WHAT WE BELIEVE WE BECOME

90 Day Food Addiction Accelerator

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1 LIMITING BELIEFS

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What we believe, we become

To begin our journey of healing we must first identify our limiting beliefs. You can want something with all your heart, but if you have a belief about WHY you can't have it, it will conflict with your desires and ultimately hold you back from achieving the very thing you want so much. Once we identify the beliefs, we can work on tracing them back to their origin, sending healing to them, and changing them!

Q1

What are your limiting beliefs around your weight, body image, fitness, and overall health? Ex - I really want to lose weight, but everyone in my family is overweight, so I can't, I'm just built this way. Or, I really want to eat healthier, but I can't stay consistent. Write out as many beliefs that come to your mind and be honest.

Q2

How long have you had these beliefs and where do you think they came from?

Q3

What are the consequences of these beliefs? How have they negatively impacted your life in the past, how are they impacting your life now, and how do you feel they will impact your life in the future?

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