

Self-Growth Exercise: Breaking Free from Limiting Beliefs

Your thoughts matter—and so does your inner voice!

Introduction

We all grow up hearing sayings from our families and cultures. Some were words of wisdom, but many carried hidden rules about how we “should” live, what we “must” believe, and even how we “should” feel. Over time, these messages can shape how we think, act, and relate to others—often without us even noticing.

In psychology, these are called **limiting beliefs**.

This worksheet will guide you to **recognize, question, and reframe** some of those beliefs so you can begin seeing life through clearer, freer lenses, uncovering patterns that may have been holding you back for years.

All you need is a quiet space, a pen, and the willingness to explore your inner patterns.

How to Use This Guide

This is not an exercise to rush through or “get right.” You can complete it in one sitting, or return to one step at a time over several days. If emotions or memories arise, pause when needed and ground yourself before continuing.

There is no pressure to immediately change your beliefs. Awareness comes first, and insight often unfolds gently, in its own time.

Use this guide as a space for honest reflection, not self-criticism.

Step 1 – Identify: Naming the Belief

Goal: *To bring unconscious patterns into awareness.*

Write down one phrase or saying you often heard as a child (from parents, teachers, relatives, or culture).

Example: “Don’t ask for too much, you should be satisfied with what you have.”

Reflection: Awareness begins when we name the belief we’ve been carrying without realizing it.

Step 2 – Reflect: Seeing Its Influence

Goal: *To notice how the belief shows up in your life today.*

Journal prompts:

- How does this phrase influence my decisions, relationships, or self-image?
- When do I notice myself following this rule without questioning it?

Reflection: Self-reflection allows you to understand the ways these beliefs shape your daily life.

Step 3 – Question: Challenging Its Ownership

Goal: To determine whether this belief truly belongs to you.

Ask yourself:

- Is this belief really mine, or was it passed down to me?
- What would life feel like if I didn't carry this belief?

Reflection: Questioning opens the door to self-awareness and the freedom to choose your own truths.

Step 4 – Reframe: Creating a New Belief

Goal: To replace limiting beliefs with empowering ones.

Write a new phrase that reflects the life you want to live today.

Example: Replace "life is hard" with "life can be challenging, but I am capable and joy is always possible."

Reflection: Reframing shifts your perspective, helping you align with your authentic values and desires.

Step 5 – Practice: Living the New Belief

Goal: To integrate your new belief into daily life.

- For one week, repeat this new belief daily.
- Notice how it feels and how it changes the way you act, think, and relate to others.

Reflection: Practice solidifies self-knowledge, helping you make choices from your own voice rather than inherited rules.

Closing Thought

You don't have to carry beliefs that keep you small or stuck in patterns that aren't yours. This exercise is a first step toward **self-awareness, self-knowledge, and conscious decision-making**, empowering you to live more freely and authentically.

Final Reflection: "What would my life look like if I made choices guided by my own voice instead of inherited beliefs?"

Support & Next Steps

I Am Here for You!

Thank you for taking this step toward emotional clarity and self-worth.

If this guide brought insight, tenderness, or new questions, you don't have to hold them alone. **You're welcome to share your reflections with me at:**

✉ andressamartinspsychotherapy@gmail.com

Free Downloadable Guide



If this reflection opened something deeper, you may wish to explore **working with me through a one-on-one session or ongoing support**. Learn more or book a session here:

👉 [Services - Andressa Martins Psychotherapy](#)

If you'd like to continue this journey, I invite you to **visit my blog**, where I share deeper reflections, psychological insights, and practical perspectives on self-worth, emotional healing, and personal growth:

👉 [Blog - Andressa Martins Psychotherapy](#)

**With warmth,
Andressa**