LEADERSHIP LIMITING BELIEFS

REFLECTION WORKSHEET

Section 1: Identifying Patterns

Reflect on your behaviors and thought patterns. Check which of the following resonate with you:

Limiting Belief	How it Shows Up in My Life	Example Situation
Perfectionism		
Over-responsibility for others' emotions		
Fear of failure		
Need for control		
Self-doubt		
Other (write your own)		

Section 2: Trigger Reflection

Think about recent situations where you felt stuck, anxious, or overreactive.

1. Situation: _____
2. Emotion I Felt: _____
3. Belief Behind the Emotion: _____
4. Did this belief help me or hold me back? _____

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Section 3: Challenge Your Beliefs

For each belief you identified, answer:

1. Is this belief actually true, or is it a story I've been telling myself?

_____

2. What evidence do I have that contradicts this belief?

_____

3. What new belief or perspective could I adopt instead?

_____

Section 4: Action Steps

Choose one limiting belief to focus on. Create a small, actionable step to challenge it.

1. Belief I am focusing on: _____
2. Action I will take this week: _____
3. How I will measure success: _____
4. Support or accountability I need: _____

Section 5: Reflection & Celebration

After taking action, reflect:

1. What happened differently? _____
2. What did I learn about myself? _____
3. What progress can I celebrate? _____

Repeat weekly or monthly to track patterns, progress, and personal growth.

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