

## Values

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Acceptance     | <input type="checkbox"/> Excitement    | <input type="checkbox"/> Moderation     |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Fairness      | <input type="checkbox"/> Money          |
| <input type="checkbox"/> Achievement    | <input type="checkbox"/> Faith         | <input type="checkbox"/> Nature         |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Family        | <input type="checkbox"/> Openness       |
| <input type="checkbox"/> Affection      | <input type="checkbox"/> Flexibility   | <input type="checkbox"/> Order          |
| <input type="checkbox"/> Authenticity   | <input type="checkbox"/> Forgiveness   | <input type="checkbox"/> Partnership    |
| <input type="checkbox"/> Balance        | <input type="checkbox"/> Freedom       | <input type="checkbox"/> Passion        |
| <input type="checkbox"/> Beauty         | <input type="checkbox"/> Friendship    | <input type="checkbox"/> Patience       |
| <input type="checkbox"/> Belonging      | <input type="checkbox"/> Fun           | <input type="checkbox"/> Peace of mind  |
| <input type="checkbox"/> Camaraderie    | <input type="checkbox"/> Generosity    | <input type="checkbox"/> Perseverance   |
| <input type="checkbox"/> Care           | <input type="checkbox"/> Being genuine | <input type="checkbox"/> Play           |
| <input type="checkbox"/> Challenge      | <input type="checkbox"/> Gratitude     | <input type="checkbox"/> Pleasure       |
| <input type="checkbox"/> Collaboration  | <input type="checkbox"/> Growth        | <input type="checkbox"/> Prestige       |
| <input type="checkbox"/> Commitment     | <input type="checkbox"/> Happiness     | <input type="checkbox"/> Quality        |
| <input type="checkbox"/> Compassion     | <input type="checkbox"/> Harmony       | <input type="checkbox"/> Recognition    |
| <input type="checkbox"/> Competence     | <input type="checkbox"/> Health        | <input type="checkbox"/> Reflection     |
| <input type="checkbox"/> Competition    | <input type="checkbox"/> Honesty       | <input type="checkbox"/> Respect        |
| <input type="checkbox"/> Confidence     | <input type="checkbox"/> Honour        | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Contribution   | <input type="checkbox"/> Humility      | <input type="checkbox"/> Security       |
| <input type="checkbox"/> Teamwork       | <input type="checkbox"/> Humour        | <input type="checkbox"/> Serenity       |
| <input type="checkbox"/> Courage        | <input type="checkbox"/> Independence  | <input type="checkbox"/> Service        |
| <input type="checkbox"/> Creativity     | <input type="checkbox"/> Influence     | <input type="checkbox"/> Sincerity      |
| <input type="checkbox"/> Curiosity      | <input type="checkbox"/> Inspiration   | <input type="checkbox"/> Spirituality   |
| <input type="checkbox"/> Decisiveness   | <input type="checkbox"/> Integrity     | <input type="checkbox"/> Stability      |
| <input type="checkbox"/> Development    | <input type="checkbox"/> Intuition     | <input type="checkbox"/> Status         |
| <input type="checkbox"/> Devotion       | <input type="checkbox"/> Involvement   | <input type="checkbox"/> Success        |
| <input type="checkbox"/> Discipline     | <input type="checkbox"/> Joy           | <input type="checkbox"/> Teamwork       |
| <input type="checkbox"/> Effectiveness  | <input type="checkbox"/> Kindness      | <input type="checkbox"/> Tolerance      |
| <input type="checkbox"/> Efficiency     | <input type="checkbox"/> Knowledge     | <input type="checkbox"/> Tradition      |
| <input type="checkbox"/> Empathy        | <input type="checkbox"/> Leadership    | <input type="checkbox"/> Trust          |
| <input type="checkbox"/> Empowerment    | <input type="checkbox"/> Learning      | <input type="checkbox"/> Variety        |
| <input type="checkbox"/> Excellence     | <input type="checkbox"/> Love          | <input type="checkbox"/> Wealth         |
| <input type="checkbox"/> Enthusiasm     | <input type="checkbox"/> Loyalty       | <input type="checkbox"/> Wisdom         |

# Limiting Beliefs

My limiting belief:

The 'self-talk' that goes with this belief...

Describe the comfort zone this places you in.

State the opposite of your limiting belief...

Write then new and positive self-talk that goes with this belief:

Describe the new comfort zone this places you in.

Describe how you are behaving when you have this new belief.

