

The logo features the words "WANNADO SHEET" in a white, hand-drawn, uppercase font. The text is centered within a solid orange circle. This circle is enclosed by a blue, hand-drawn square frame. The entire graphic is surrounded by blue ink splatters and paint-like textures.

WANNADO SHEET

The background of the page is a light cream color, overlaid with large, sweeping, orange-colored brushstrokes that create a sense of movement and depth.

HOW TO SAY GOODBYE TO LIMITING BELIEFS.

*Recognize your limiting beliefs and turn them into
empowering thoughts.*

by Mirka Seidel



WANNADOSHEET is a sheet you wanna work on.
A WORKSHEET that doesn't sound like a homework.
It sounds like fun. Like something that you'd LOVE to do,
something that makes you think, brings you smiles
and that might change your perspective.

Let's do it!

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distribute this document without the written permission of the
author. Yeah, it's illegal and as we know, karma is a boomerang. No
need for it to chase you around, right?

E-mail to mirka@mirkaseidel.com for permission
requests.

Yours *Mirka*

Hey there!

Let's talk about something that is manipulating us. We are even aware of that. And still allow it. Limiting beliefs. We all have them.

- So what are they, those little monsters in our heads? Here some official definition:

Limiting beliefs are obstacles to success and progress on the life path. They are often hidden, lie below the surface and therefore they are difficult to identify. They manipulate our subconscious mind, which is then tricking your conscious mind into believing that you cannot achieve success in a particular area.

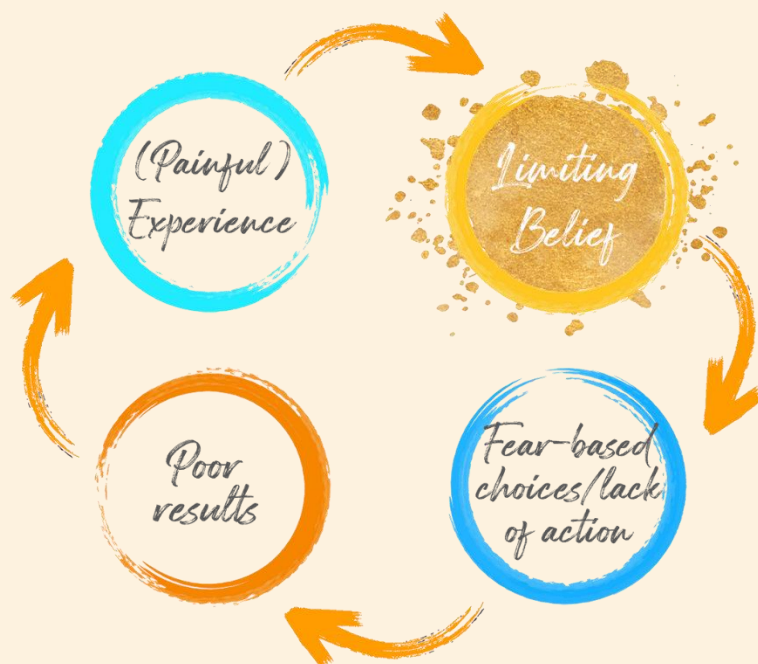
Wow. Imagine that! Could that be that basically the only thing that prevents you from moving forward, from putting forward your best self, from living the life you truly desire, are your own thoughts?

Yup!

Your limiting beliefs are **invisible forces that prevent you from** taking new opportunities, from making choices, from being absolutely amazing.

- Where do they come from?

Who knows. Maybe your parents kept telling you, if you don't behave, nobody will love you. Maybe your teacher told you, if you don't learn, you will never get a good job. Well, it is as it is and we cannot change that. But! **We can change what is NOW!** We can change what we think now.



GOODBYE TO LIMITING BELIEFS

But Mirka, what shall I do?

First, you have to find your limiting beliefs. As they are quietly driving your decisions and choices from beneath the surface, you have to DIG deep.

Take a paper and a pen and write everything down, what comes to your mind. Especially your **negative** thoughts and beliefs.

E.g. I'm not lovable, I have to be perfect, I have to make them happy, money is difficult to earn, I cannot trust anyone, life is meaningless, nobody respects me/likes me, I am too old, I don't deserve this or that.....

My strong beliefs

...about my appearance and my health:

...about my relationships and my family:

...about my job and finances:

...about the life in general:

...about other people in general:

GOODBYE TO LIMITING BELIEFS

Now. Below is a similar list. But now think about **WHY in your opinion you think this way**. Why do you think you are e.g. not good enough or not pretty enough to be loved, why do you need approval of others or have to be perfect otherwise nobody will like you... You've got the idea what I mean, I guess.

Why do I have this belief

...about my appearance and my health?

...about my relationships and my family?

...about my job and finances?

...about the life in general?

...about other people in general?

GOODBYE TO LIMITING BELIEFS

Now think about the following sentences please. It's important, you do answer all of them. Might not be easy. I believe you. Especially if your head is full of negative thoughts.

These are my 3 greatest values:

These 3 things are lovable about me:

This situation was difficult, but I could master it: (I bet you had such!)

I have following unusual skills:

I get compliments about:

This I just loooove doing:

GOODBYE TO LIMITING BELIEFS

Done? If not, go back. No compromises here!

Question is now, how can we re-write your limiting beliefs? You have believed in it for so long and now this crazy woman (me, yeah) wants you to believe an opposite.

Nope, not the opposite. You just look at it from a fresh perspective.

Let me give you some examples. Let's take me as an example.

Mirka's limiting belief:

I am useless.

Mirka's empowering thought (the truth):

I am a unique strong woman. Some days I feel bad, but this too shall pass.

I got fired from the company because my work was not good enough.

I got fired because my values and the values of the company didn't match anymore. It had nothing to do with my performance.

I want to start my own business, but it's so difficult. I will never be able to make enough money.

To start own business is not easy and I will have to learn a lot and work a lot at the beginning. But it's a new adventure that I am going to enjoy and it will bring me financial stability soon.

I have to be perfect, otherwise people won't love me and buy from me.

I just have to be myself. To do what I love, in my very own way and the best I can. I will attract people who need exactly what I offer. There is no need to be liked or loved by everybody.

Tell yourself: "I appreciate my old beliefs, but I don't let them dominate me anymore."

GOODBYE TO LIMITING BELIEFS

Now you should be able to look at your beliefs with other eyes, different point of view. Basically you will write the things as they are. Without your own opinion about it. Because possible you still don't believe it. But it will come. No doubt about it. **First you have to have it written down.**

If I look at it objectively (impartially), I can re-write my belief

...about my appearance and my health like this:

...about my relationships and my family like this:

...about my job and finances like this:

...about the life in general like this:

...about other people in general like this:

GOODBYE TO LIMITING BELIEFS

Mirka Seidel
SMILE BY SMILE COACHING

Repeat your new empowering thought again and again. Until your head gives up.
Write it down and pin to the wall.
RE-WRITE IT!



Below you'll find a space for your (OLD) limiting beliefs and **(NEW) empowering and truthful beliefs**. Print it out and write it down. Everything. Use colorful pen or pencils. Hang it on the wall. Cut it out. Whatever.

From now on there is a NEW YOU. Amazing. Awesome. Shining.



GOODBYE TO LIMITING BELIEFS

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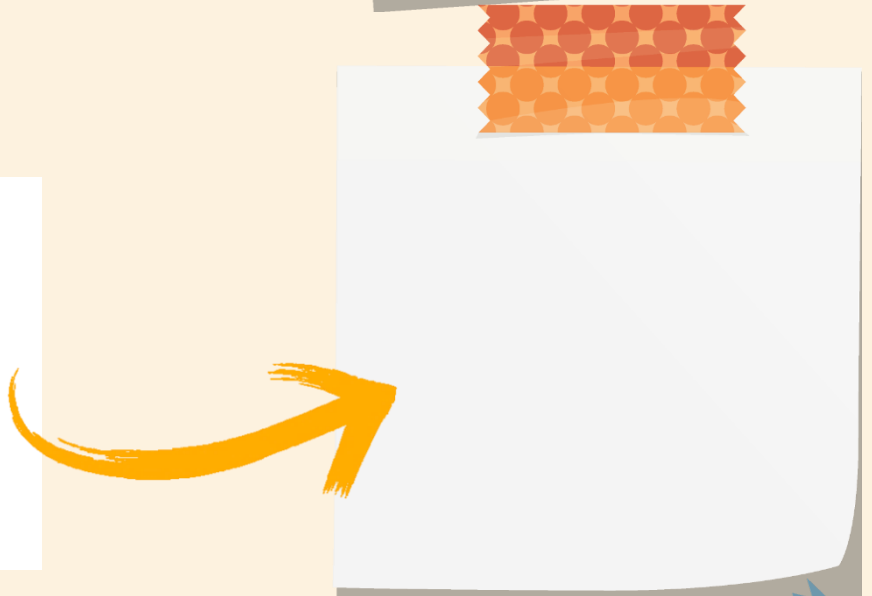
What I believe:

What is actually the truth:

... about myself



... about my abilities



... about my appearance



GOODBYE TO LIMITING BELIEFS

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What I believe:

... about my family



What is actually the truth:



... about my financial situation



... about my future





Hey there!

I'm Mirka. Entrepreneur. Coach. I've created a colorful life-balance awareness coaching. For you. To accompany you on your adventurous journey to your shiny self. Because you dream about the balanced and colorful life, but didn't get the chance to live it yet.

Dare. Make the first step.

Give yourself permission to smile.

I would be honored if you let me join you on your journey.

See ya!

Mirka

If you'd like to dig deeper, you are welcomed to book a complementary call with me. Check out <https://mirkaseidel.com>

Or you might like to join the party first on my [Facebook](#) or [Instagram](#) and see what's all about.



smile by smile
Mirka Seidel Coaching