

Challenging Your Limits...

Now we are going to challenge your limits. Byron Katie's "The Work" is a phenomenal process to challenge your limiting thinking. We'll be taking each of your limits through her process.

The rules:

- Be open minded.
- Work to find new perspectives.
- Don't take this too seriously, or go into a self critical place. This can actually be done from a detached, happy perspective if you allow it.

List your top limiting thoughts/beliefs here (from last exercise):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____

Core Issue: _____

For each statement above go through the 4 questions and then create a new EMPOWERING CHOICE:

1. Is it true? (Yes or no. If no, move to question 3.)

2. Can you absolutely know that it's true? (Yes or no. But see that it's not completely true, or doesn't need to be true.)

3. How do you react, what happens, when you believe that the thought is true?

4. Who would you be without the thought?

For each issue make a new choice:

1) My new choice is _____

2) My new choice is _____

3) My new choice is _____

4) My new choice is _____

5) My new choice is _____

6) My new choice is _____

7) My new choice is _____

8) My new choice is _____

9) My new choice is _____

10) My new choice is _____

11) My new choice is _____

12) My new choice is _____

13) My new choice is _____

14) My new choice is _____

15) My new choice is _____

My new "identity level" choice is _____