

BREAKING THROUGH LIMITING BELIEFS

IDENTIFY, CHALLENGE, AND
REFRAME WHAT HOLDS YOU BACK



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Welcome

You picked up this workbook because something inside you knows there is more available to you than what you have been allowing yourself to have.

Limiting beliefs are some of the most powerful forces in our lives, and they operate almost entirely beneath the surface. They shape what we reach for, what we settle for, and what we talk ourselves out of before we even try.

I know this because I have lived it. I carried beliefs about myself for years that kept me playing small, staying quiet, and accepting less than what I knew I was capable of. It was not until I started doing the work of identifying those beliefs and actively choosing new ones that my life began to shift.

This workbook is the same process I use with my clients. It is honest, it is direct, and it works if you show up for it.

Take your time. Be real with yourself. And know that the discomfort you feel in these pages is the feeling of something old making room for something new.

With intention,

Jennifer McCray

Creatorz Consulting Group

CHAPTER 1

What Limiting Beliefs Are

A limiting belief is a story you tell yourself about who you are, what you can do, or what is possible for you. It feels like the truth, but it is not. It is a pattern. And patterns can be changed.

These beliefs usually form early. They come from things people said to you, experiences that hurt, environments that told you to stay small. Over time, they become so familiar that you stop questioning them. They just become "the way things are."

The most dangerous beliefs are the ones you have never questioned because you forgot they were beliefs in the first place.

Where Beliefs Come From

Think about the messages you received growing up. From your parents, your teachers, your neighborhood, your culture. What did they tell you about money? About success? About what people like you could or could not do?

EXERCISE

Belief Origins

Write down 5 messages you received growing up about what was possible for you. Next to each one, write down who or what delivered that message.

How Beliefs Show Up Today

Limiting beliefs do not announce themselves. They hide in the background, shaping your choices without you realizing it. They sound like: I am not the kind of person who... I could never... That is not for people like me...

EXERCISE

Belief Inventory

Write down 5 things you believe about yourself that hold you back. Be honest. No one else needs to see this.

REFLECT ON THIS

Which of these beliefs did you choose, and which were handed to you?

CHAPTER 2

Recognizing Your Patterns

Once you name a belief, the next step is to track how it shows up in your daily life. Beliefs do not just live in your head. They drive your behavior. They influence what you say yes to, what you avoid, and how you treat yourself when no one is watching.

Your beliefs are not just thoughts. They are instructions your mind follows every single day.

The Belief-Behavior Connection

Every limiting belief has a behavior attached to it. If you believe you are not smart enough, you might avoid speaking up in meetings. If you believe you do not deserve good things, you might sabotage opportunities right when they start working out.

EXERCISE

Tracking the Pattern

Pick one limiting belief from your inventory. Write down 3 specific situations in the last month where that belief influenced your behavior or decision.

The Cost of Carrying It

Every belief you carry has a cost. It costs you opportunities, relationships, peace of mind, or progress. When you add up those costs over months and years, the total is staggering.

EXERCISE

Counting the Cost

For the same belief, write down what it has cost you in the last year. Think about missed opportunities, stalled progress, damaged relationships, or lost confidence.

REFLECT ON THIS

If this belief disappeared tomorrow, what is the first thing you would do differently?

CHAPTER 3

Challenging the Story

Challenging a belief does not mean pretending it is not there. It means holding it up to the light and asking: Is this actually true? Not does it feel true. Is it true?

Most limiting beliefs fall apart under honest examination. They are built on old evidence, incomplete information, or someone else's opinion that you adopted as fact.

A belief that cannot survive honest questioning was never serving you in the first place.

The Evidence Test

Take your limiting belief and put it on trial. What evidence supports it? What evidence contradicts it? When you look at the full picture, not just the moments that confirm the belief, what do you actually see?

EXERCISE

Exception Finder

Write down 3 times in your life when you proved this limiting belief wrong. What happened?
What did you do? How did it feel?

REFLECT ON THIS

If you had to argue against your own limiting belief in front of someone you love, what would you say?

CHAPTER 4

Reframing Your Truth

You cannot just remove a belief and leave an empty space. Your mind will fill it with something, and if you do not choose what goes there, the old belief will creep back in. Reframing is about choosing a new story on purpose.

You do not have to believe the new story completely at first. You just have to be willing to try it on.

Writing a New Narrative

A reframe is not a lie. It is not toxic positivity. It is a more complete version of the truth. If your old belief was "I always fail," a reframe is not "I always succeed." A reframe is "I have failed before, and I have also gotten back up every single time."

EXERCISE

Reframe Workshop

For each limiting belief you identified, write a reframed version. Make it honest, not fluffy. It should feel challenging but possible.

Making It Stick

A new belief needs repetition and evidence to take root. You have to practice it. You have to look for proof that it is true. You have to catch yourself when the old story tries to take over and consciously choose the new one.

EXERCISE

Daily Practice Plan

Write your top 3 reframed beliefs. For each one, describe one daily action you can take that reinforces the new belief.

REFLECT ON THIS

What would your life look like in one year if you fully lived from your reframed beliefs?

CHAPTER 5

Protecting Your New Mindset

Old beliefs do not disappear overnight. They come back, especially during stress, uncertainty, or big transitions. The goal is not to never hear the old voice again. The goal is to recognize it when it shows up and choose differently.

Freedom is not the absence of old patterns. It is the ability to notice them and choose something different.

Building Your Defense System

Create a set of tools you can reach for when old beliefs resurface. This might be a list of your reframed beliefs, a journal practice, a conversation with someone who sees you clearly, or simply a pause before reacting.

EXERCISE

Your Belief Defense Kit

List 5 tools or practices you will use when old limiting beliefs try to take over. Be specific about when and how you will use each one.

Celebrating the Shifts

Every time you catch an old belief and choose differently, that is a win. It might feel small, but those small wins are what build a new identity over time. Track them. Celebrate them. Let them remind you that you are changing.

EXERCISE

Win Tracker

Start a running list of moments where you noticed an old belief and chose the new one instead. Write down what happened and how it felt.

REFLECT ON THIS

Who are you becoming on the other side of these beliefs?

Keep Going

The work you have done in this workbook is not small. You have looked at beliefs that have been running your life, some of them for decades, and you have started the process of choosing something different.

That is real courage.

Remember that this is ongoing work. Old beliefs will try to come back. That is normal. What matters is that you now have the tools to recognize them and the practice of choosing differently.

If you want deeper support in breaking through the patterns that have been holding you back, I am here for that.

Book a session:

calendly.com/worldcreatorz-info/60min

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