



02 Conquer Your Limitations

- Break Free From Limitations
- Walk In God's Unlimitedness
- Believe You're Possible

"Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve." —Mary Kay Ash

Shift Your Limiting Beliefs

- **Identify Your Limiting Beliefs** : What limiting beliefs are you be believing about your value, self-work, abundance, or ability to achieve your dreams? *For example one of my limiting beliefs is that hard work = financial provision.*
- **Find Their Root** : List your top three limiting beliefs. Now dig deeper and find the root connected to these fears or lies. What are they? *The lie connected to my limiting belief was that if I am not working hard, I don't deserve abundance and financial prosperity.*
- **Shift Your Perspective** : Flip the fear or lie to a positive perspective and ask God to reveal His truth regarding your value, self-work, abundance, or ability to achieve your dreams. *My new perspective is that my value and self-work (not hard work) = financial prosperity and abundance.*
- **Create Empowering Affirmations** : Write out a few affirmations that speak to your true value, self-work, abundance, and ability to achieve your dreams. *For example, I wrote that I am valuable, worthy, prosperous just being me and that it is easy for me to receive God's abundance, blessings, and provision for my life and dream.*

Embrace Your True Value

- Is it easy for you to embrace your unique value and self-worth? If not, why?
- How have you linked your value and worth to external things; like titles, people, jobs, appearance, spirituality, or achieving success? Ask God to show you when this started in your life and His perspective.
- What are three examples from your life when you felt a sense of abundance?
- Do you feel deserving of abundance, prosperity, and receiving gifts/blessings from God or others? If not, why?
- What are your thoughts related to money and prosperity? Are they positive or negative?
- Jesus said that he came so that we might have abundant life. (John 10:10) Ask God to remove any blocks you might have to walking in abundance and prosperity. Now ask Him to reveal what abundant life looks like in all areas of your life and in pursuing your dreams.

Believe You're Possible

- **Believing in Yourself** : What affirmations or decrees can you create to reinforce your belief in yourself and your abilities? How can you incorporate these affirmations into your daily routine to boost your confidence?
- **Thinking Big** : What would you do if you knew you could not fail? How can you challenge yourself to think bigger and set goals that truly excite you?
- **Overcoming Excuses** : What common excuses do you find yourself making that hold you back from taking action? How can you reframe these excuses into empowering statements that motivate you to move forward?
- **Power Of Weakness** : What specific weaknesses or challenges have you faced that, when viewed from a different perspective, could actually serve as strengths or superpower in your journey?
- **Visualize Your Success** : Take a moment to close your eyes and vividly imagine yourself having achieved your dream? What do you see, hear, and feel in that moment of success, and how can you use this visualization to increase your belief and inspire your actions today?
- **Expressing Gratitude** : What are three things you are grateful for in your life right now that support your journey toward your dreams? Thank God in advance for achieving your dream and walking in abundance.