

Launch Your Big Dream

---

Week 2

# Conquer Your Limitations

COURSE BY JENNIFER MILLER

---

# Conquer Your Limitations

---

- 01 Break Free From Limitations
- 02 Walk In God's Unlimitedness
- 03 Believe It's Possible
- 04 Activation Exercises

*"If you can believe, all things are possible to him who believes." Mark 9:23*





## 01. Break Free From Limitations

*“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*

- Feeling Unworthy
- Value & Identity Externally
- Not Being Good Enough
- Self-Doubt/ Insecurity
- I am just a ...
- Imposter Syndrome
- Inner Judge/ Saboteurs

# Shift Your Limiting Beliefs

---

- Identify Your Limiting Beliefs
- Find The Root / Lie
- Ask God's Perspective
- Create Empowering Affirmations

## Limited Belief

It's hard for me to finish things. Maybe I am just a dreamer not a doer.

The harder I work the more I am worthy to receive money & blessings.

## Root / Lie

Fear of Failure (I start something new to avoid doing things I feel are hard for fear of failure).

My value, identity, and self worth come from working hard.

## God's Truth

I have finishing power through Jesus Christ and am created to be fruitful.

My value and worth come from being a beloved child of God.

## Affirmation

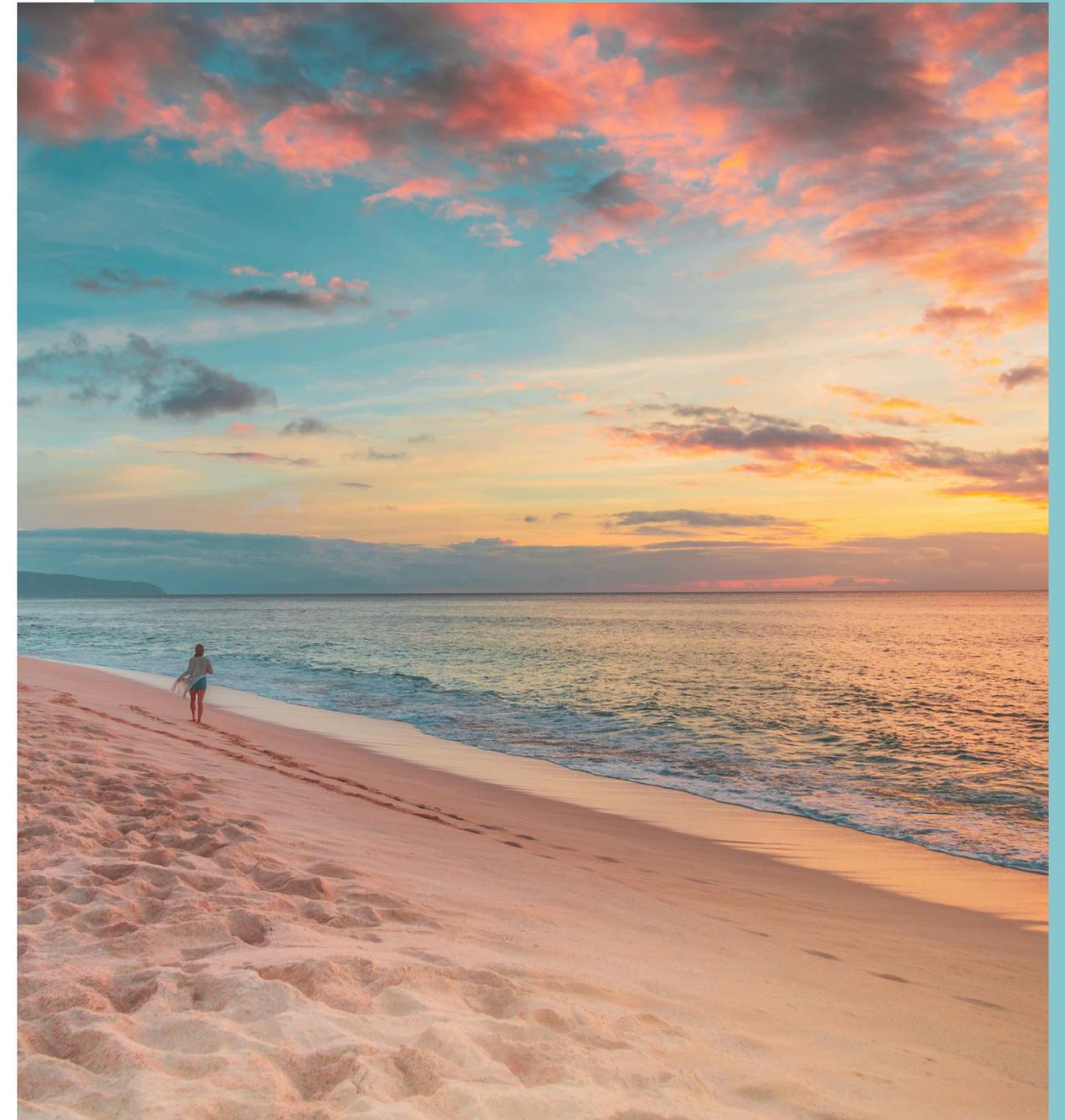
I can do all things through Christ who strengthens me.

I am valuable, worthy, and enough just by being me.

## 02. Walk In God's Unlimitedness

*"Break out of the box of limitations and into the unlimitedness of God." – Jeremy Lopez*

- God's Love, Mercy, Faith, Peace, etc.
- God's Power & Anointing
- Spiritual Inheritance
- Provision & Riches
- Wisdom & Understanding
- Fullness of Jesus
- Fruit & Gifts Of The Spirit



# Walk In God's Unlimitedness

---

*“And I pray that He would unveil within you the unlimited riches of His glory and favor until supernatural strength floods your innermost being with His divine might and explosive power. Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of His love will become the very source and root of your life”.*

*Ephesians 3:16-17 TPT*



Health

Love

Value

Provision

Riches

Favor

Identity

Self-Worth

Inheritance

Resources

Wisdom

Giftings

Power



## 03. Believe It's Possible

*“When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution.”*

*— David J. Schwartz*

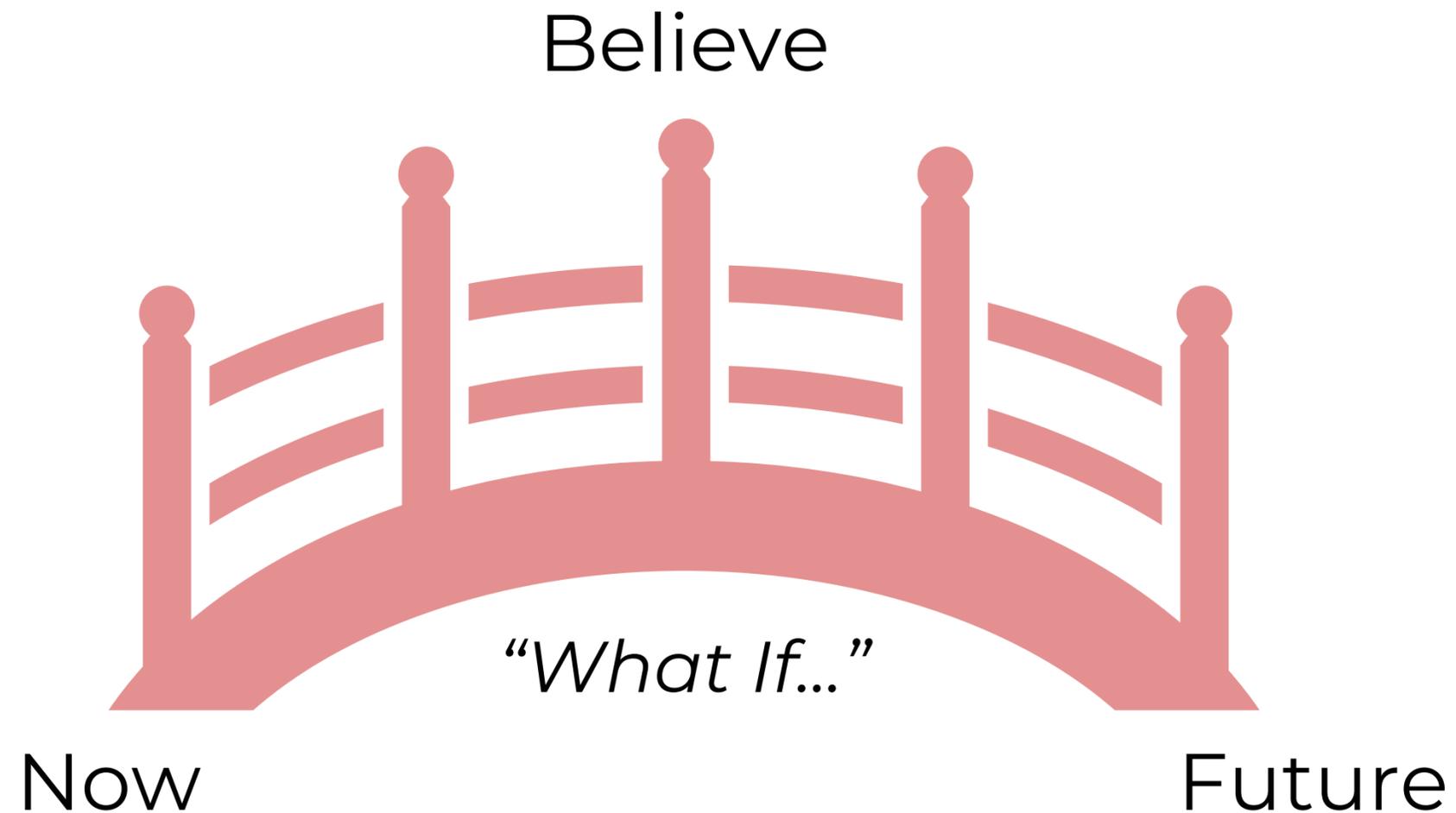
- Believe All Things Are Possible
- Believe You Are Possible
- Think Even Bigger
- Power of Weakness
- Visualize Your Success
- What If...
- Express Gratitude

# Believe It's Possible

---

*Truly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says". - Mark 11:23*

Believing Creates A  
Bridge From Your  
Now To Your Future.



# Conquer Your Limitations & Believe - Books

---

- Money And The Prosperous Soul - Stephen De Silva
- The Financial Mindset Fix - Joyce Marter
- Believe It - Jamie Kern Lima
- If You Can Believe - Paul Balius
- The Magic Of Thinking Big - David J. Schwartz



# Conquer Your Limitations - Exercises

Week 2

**Launch Your Big Dream**

## 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.

©ProsperAlways

Week 2

**Launch Your Big 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.

©ProsperAlways

Week 2

**Launch Your Big Dream**

## 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.

©ProsperAlways