



Mental House Cleaning

[Click here to watch the 4' video](#) with instructions to complete your toolsheet

My limiting belief

Where it came from

Why?

Is this true?



Negative Messages

What were/are the negative messages you heard? What were the limiting or negative things they said to you?

What did they say about:

- **Money**
- **Your body**
- **Love & relationships**
- **Your creative talents**

Your list:

1

2

3

4

5

6

7

8

9

10

I believe that...

Is this true?