

# CRUSHING LIMITING BELIEFS

## Quiz

Please choose the best answer:

1. Limiting beliefs can be:
  - A. Insidious and pervasive, wreaking havoc in every area of your life
  - B. Conscious beliefs
  - C. Subconscious beliefs
  - D. All of the above
2. We all have limiting beliefs.

A. True

B. False

3. Where do limiting beliefs come from?

A. Observations, processed in our mind from our own perspective

B. Experiences

C. Input from family, friends, and acquaintances - often from childhood and the way you were raised

D. All of the above

4. How can you keep a limiting belief from negatively affecting you?

A. Ignore it.

B. Worry about it.

C. Transform it into a new, empowering belief.

D. There's nothing you can do about it.

5. If you believe that you're too old to start something new, which of the beliefs below can empower you to change the negative belief?

- A. My age gives me wisdom.
- B. My experience can give me an advantage with new projects.
- C. Both A & B
- D. There's nothing you can do. Any successful project needs to be started at a young age.

6. Which belief helps you change a scarcity mindset into an abundance mindset?

- A. Every resource I need is available to me.
- B. My resources are limited.
- C. There's only so much to go around, so I better get my share while I can.
- D. I don't have the money, time, or contacts to create a joyful life.

7. Which belief below is an empowering belief?

- A. As soon as I get a raise, others will think more highly of me.
- B. I am enough.
- C. I can impress the neighbors with this new car.

D. If only I were better looking, I could get more dates.

8. Which results are you most likely to experience if you believe that you don't deserve success?

- A. Achieving goals quickly, before others find out that you're unworthy
- B. Joyful relationships
- C. Lots of pets
- D. Self-sabotage, so that you usually fall short of your goal

9. Consider this belief: "I can do everything myself." Which option below is true?

- A. This belief is a strength. Asking for help just shows how weak you are.
- B. If you want something done right, you have to do it yourself.
- C. This belief is a weakness and limits you.
- D. If you accept the assistance of others in reaching your goal, then you didn't really achieve your goal at all.

10. You can change your beliefs.

A. True

B. False

## ANSWER KEY

1. D

2. A

3. D

4. C

5. C

6. A

7. B

8. D

9. C

10. A