

# Daily Limiting Belief Workbook

A daily workbook:  
To help you break free from your  
limiting beliefs.

So you can have more power in  
how you respond to life moments.

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BY: DES CAMINOS

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The Interconnected Self LLC



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This workbook is not available for distribution or resale.

This book is not intended for anyone besides the original recipient.

"This workbook is from my heart to yours"

- Des





## Hi, Im' Des!!

Have you ever felt like you were stuck in unwanted patterns, like there was a cloud over your head?

Ohhhh, I have.

I have lived a life filled with pained past experiences and lots of storms.

I know that were certain things I had to Live through to Learn.

Despite all of my training and education...

There are certain things you can only really learn, by experience.

Navigating limiting beliefs is one of those places.

Now, I share my MESSages with other women so they can live free and empowered.

I am committed to helping women gain more more clarity and power so they have more choice in what happens in their life and how they respond to it.

Ive got your back!

# WHAT ARE LIMITING BELIEFS?



Limiting Beliefs are also commonly known as Emotionalized Thoughts:

These are beliefs that you hold to be **true** about yourself that limit you in some way.

They are thoughts that were created during an emotionalized time in your life that you hold **true**.

This belief was created to help cope & process the emotionalized experience that you went through.

Be compassionate and gentle with yourself when exploring limiting beliefs.

Know that your body and mind were doing all that it could to keep you safe with the tools and the resources it had at the time.

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## Examples of Limiting Beliefs are:

I am unworthy of love

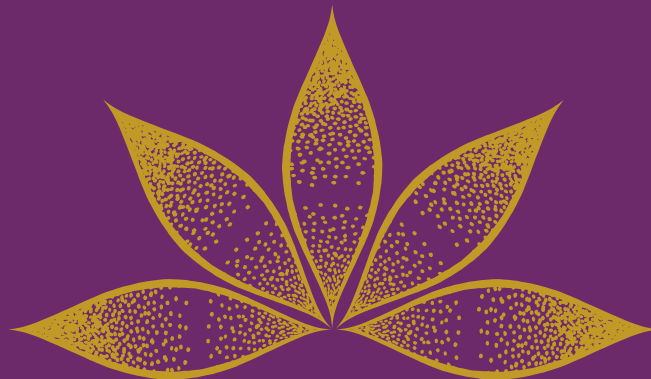
I have to do things perfectly or it doesn't matter

I'm broken

I'm not good enough

I always mess things up

I can't sing



## WEEK 1

## Week 1

Choose 1 Limiting Belief to work on this week.

Remember, the more awareness you have, the more power you create in choosing how to respond to your limiting beliefs.

We will work on 1 Limiting Belief for the whole week, so you can really connect to this belief and meet it with choice and awareness.

This week I am working on my Limiting Belief

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On a scale of 1-10,  
1 being; *It barely impacts me &*  
10 being; *Whoa Nelly this is a big part of my life*

Where does this limiting belief reside?

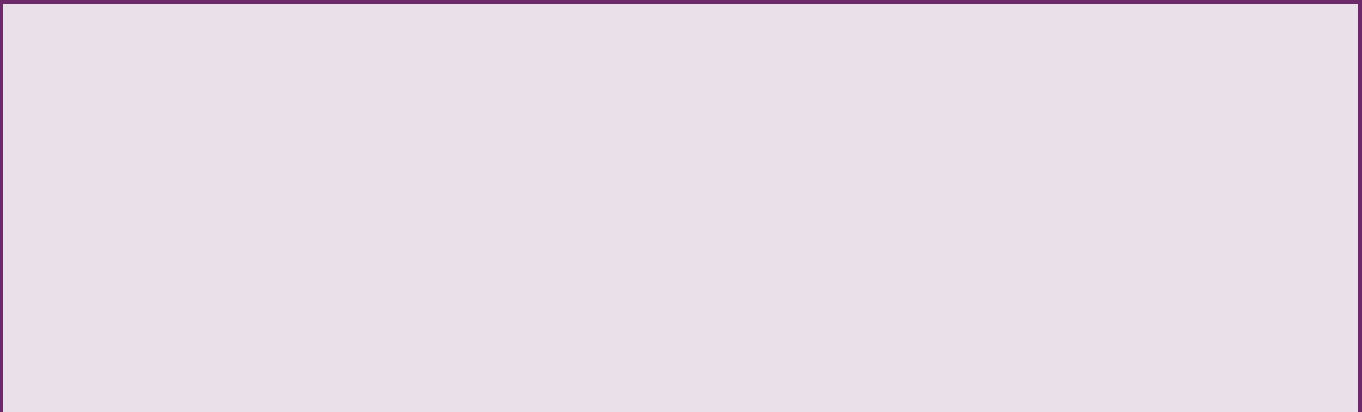
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WEEK 1

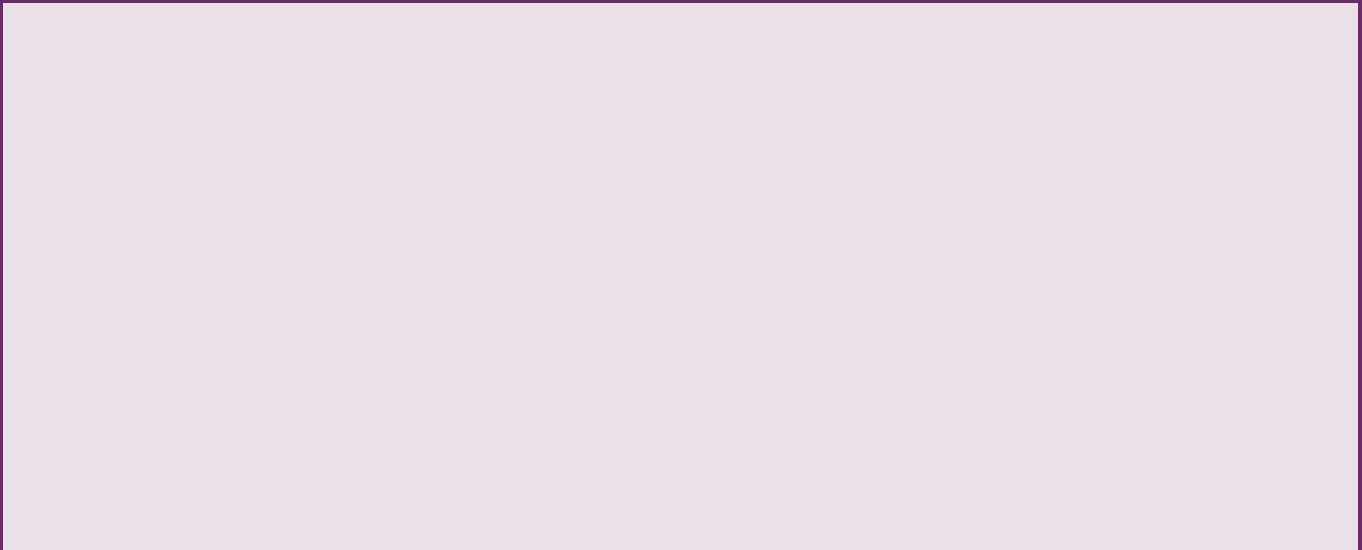
# Week 1

Questions to reflect on before the week.

1. The Limiting Belief I am choosing to work on is: (and why)



2. Why do you think this limiting belief was created?



WEEK 1

## Week 1

Questions to reflect on before the week.

3. What rules do I have around this Limiting Belief?

4. What responses do I normally have around this Limiting Belief?

5. What responses around this Limiting Belief would you like to have?



WEEK 1

# Monday

The Limiting Belief I am working on is;

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Remember the more awareness you have, the more power you create in choosing how to respond to your limiting beliefs

1. How often did this limiting belief come up?

2. When did this Limiting Belief come up? (at work, talking to others?)

3. How did you respond?

WEEK 1

# Monday

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4. Is there another way you would have liked to respond? If yes, how?

5. Time Travel!! Go back to that moment earlier today where your limiting belief came up. Write down how you felt in that moment, what thoughts came up? How did it feel in your body?

WEEK 1

# Monday

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Remember the more awareness you have, the more power you create in choosing how to respond to your limiting beliefs

Reimagine that moment .

Take a breath and practice your new response in your mind.

6. Visualize that moment from earlier in the day and imagine you responding differently.

Allow the brain and the body to practice saying or doing what you hope to do.

*This way in the moment you'll have more confidence and muscle memory.*

This puts a speed bump in that limiting belief habitual process and begins to break the pattern and give you more choice!

Did you need to reimagine? If yes, did you and how did it feel?

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WEEK 1

# Monday

The Limiting Belief I am working on is;

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It's important to move or bring in something fun into your day.

Working with limiting beliefs can be a little heavy (to say the least). We can become tense or anxious putting ourselves more in a state of stress or survival.

By doing something fun you are reminding the brain and body that you are choosing to do this and it's ok.

*It's so ok we can do this fun activity!*

By moving or stretching you are making space in the body for your new response and displacing some of that stagnant energy from the limiting belief.

WEEK 1

# Monday

The Limiting Belief I am working on is;

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Write down what fun thing you did, or what movement/stretch you did.

Also, write down any other thoughts, feelings or insights you had.

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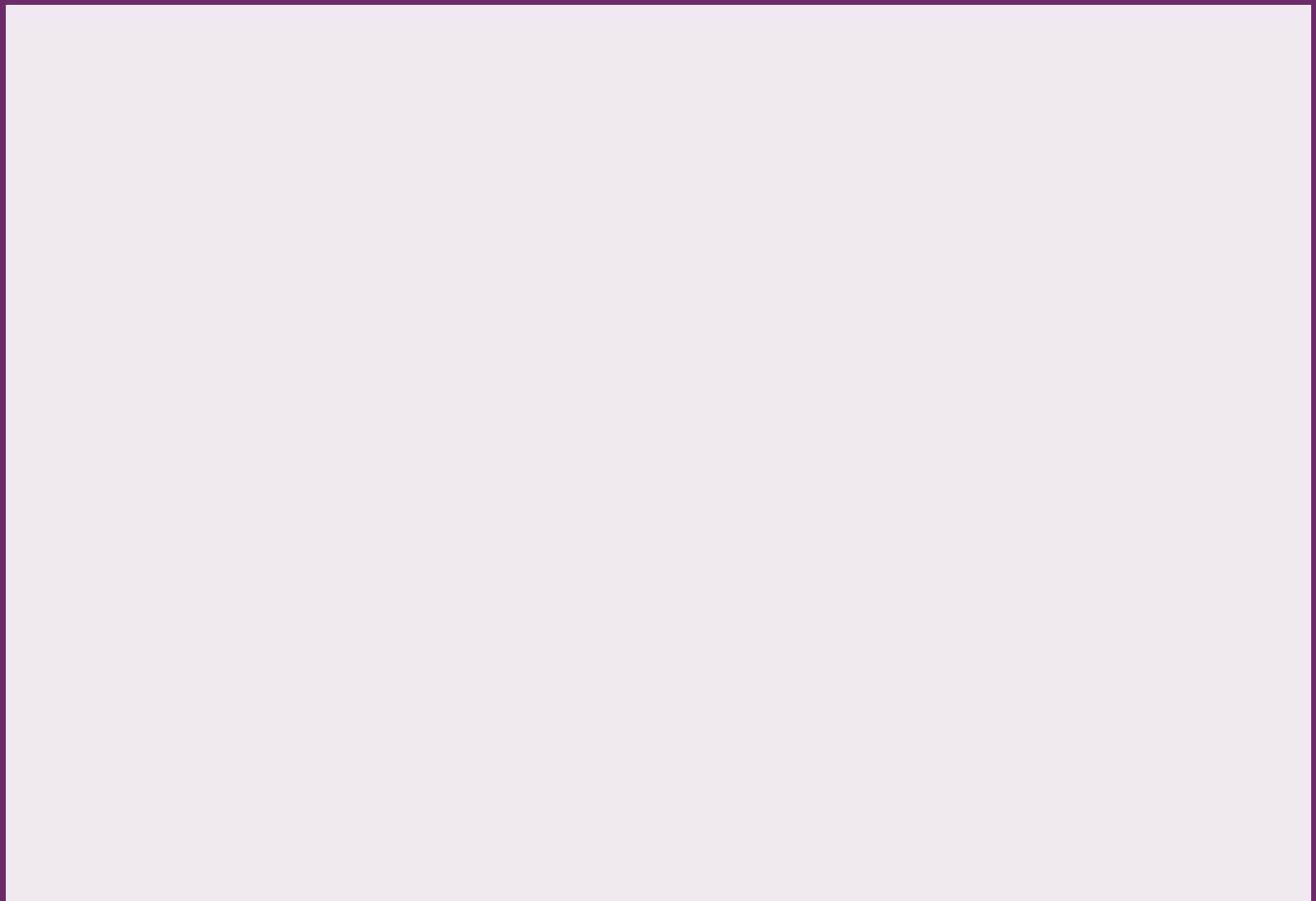
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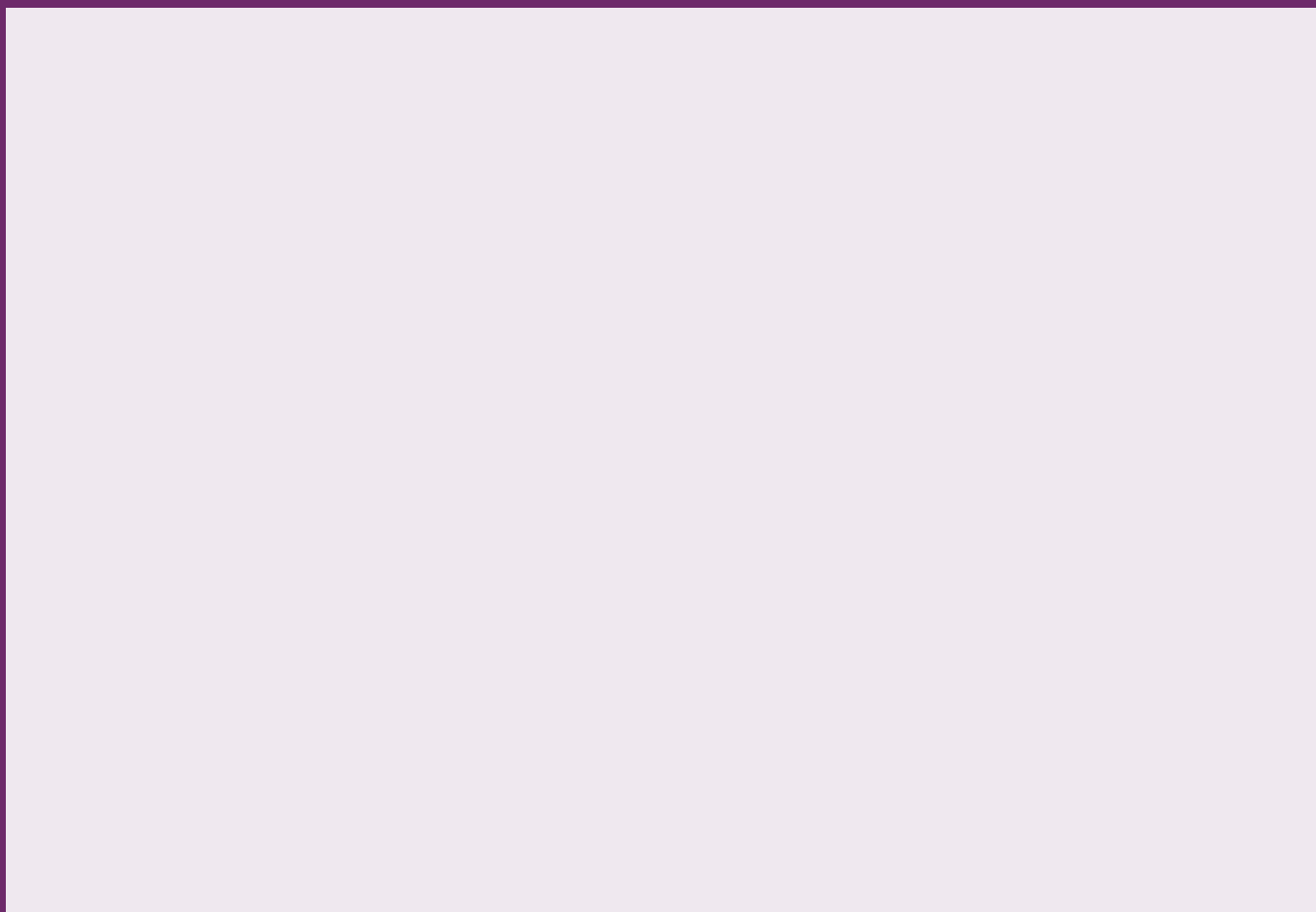
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WEEK 1

# Mid Week Break

Whew,

Take a moment to really celebrate yourself.

You are doing this, and you are doing it in your own unique perfect way.

Give thanks to yourself for carving out the time in your day, to work on your limiting beliefs.

It's not always easy and it takes a lot of choice and awareness, but,

**YOU ARE DOING IT!!**

Only you can shift your limiting beliefs, not me, not your parents or friends.... but you.

So celebrate yourself for doing the work so you can live with more confidence, safety and joy!!

Thank you again for doing the work and making the world a better place!



WEEK 1

## Mid Week Break

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Write a short letter or note to yourself, celebrating the work you are doing.

It's ok if you're not where you hope to be.

*Remember*, "There is no judgment in healing" - Des

Be compassionate with yourself.

Remember, how this limiting belief came to be.

Think of that younger you  
who *needed* to create this belief...

You're doing great!s

So write to yourself and validate your work!

Build that inner trust, inner support muscle!

You've got this!

WEEK 1

# Mid Week Break

Your Inner Acknowledgement/Celebration



WEEK 1

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WEEK 1

# Sunday

Whew, take a breath you did it!!

Allow today to be for reflection and integration, you've done alot!

Thank you for creating time for yourself!

Write down how this week was for you.

What did you notice about your thoughts?

How did it feel to begin to challenge this limiting belief?

Blank space for writing reflections.

On a scale of 1-10,

1 being it barely impacts me &

10 being whoa Nelly this is a big part of my life

Where does this limiting belief reside now?

\_\_\_\_\_

*Thank you!*

Whew take a breath you did it!

Thank you for creating the time for yourself to explore these areas.

Only you can do the inner work so thank you, thank you, thank you.

Thank you for radiating in this world and making it a brighter place.

**Want more support?**

**Schedule a Call**

I am committed to helping women  
have more clarity and power.  
So they can have more choice  
in what happens in their life and  
how they respond to it.



**TM**