



### Disbelieve part 3

What will happen if you continue to believe your limiting belief?

What will happen if you don't continue to believe your limiting belief?

What won't happen if you continue to believe your limiting belief?

What won't happen if you don't continue to believe your limiting belief?

What has it cost of staying in this belief system?



What will it cost you in 5 year's time?

What are the Hidden Benefits to me of not Change my belief?

**Timeline Questions**

1. So, up until this point right now you have felt (insert limiting belief)

\_\_\_\_\_ haven't you?

2. How will it feel that from this moment onwards you feel (insert opposite of limiting belief)?

\_\_\_\_\_

3. How many days in a row of feeling (insert opposite of limiting belief) \_\_\_\_\_

would it take for you to feel (insert opposite of limiting belief)? \_\_\_\_\_

4. Go forward in time that number of days in your mind to the moment where you are (insert opposite of limiting belief), how does it feel? \_\_\_\_\_

5. Looking back at that previous version of you, what do you feel about that person?

\_\_\_\_\_

6. Coming back to now that you are (insert opposite of limiting belief), \_\_\_\_\_

how does the future look?

Question accredited to Graham Nicholls – Strategic Coaching and Training and Cherri Forsyth Life Coach