



# Workbook



## How to use this worksheet

Use this worksheet to complete the exercise that is part of the Mind Mastery 101 audio program.

There are two worksheets on the following two pages. The first is an example worksheet to help you understand how to fill in the second worksheet which is blank.

Please print out this document now.

The objective of this exercise is to discover the limiting programs (beliefs) that are producing results that you no longer want. Work through each of the seven areas of life, r by row from left to right. I recommend that you ensure that you are not interrupted while working through this exercise.

**Please note:** You may identify a limiting belief and still believe it to be true. If this is the case, that's ok. Just identifying the limiting belief is the first step to dissolving it. It's a bit like a car windscreen - once it's cracked, it is just a matter of time before the entire windscreen needs replacing!

Good luck,

Bruce



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## UNCOVER YOUR LIMITING PROGRAMS - EXAMPLE WORKSHEET

AREAS OF LIFE	STEP 1. Results I do not want in this area of my life.	STEP 2. Actions I am taking (or not taking) to produce the result in column 1.	STEP 3. Emotions I feel before / when taking the actions in column 2.	STEP 4. Thoughts I think before feeling how I feel in column 3.	STEP 5. My limiting program or false belief about this area of life is... Ask: "What must be true for me to think the thoughts in column 4?"
<b>Money</b>	Just enough to get by - no more.	I don't budget. If I do budget, I budget just enough to get by, not for excess.	Anxiety Overwhelm	This is gonna be hard. What's the point? I'm too busy to budget.	Managing my money is boring.
<b>Mental</b>	I can't remember people's names after I meet them.	I don't write them down. I am so busy sizing them up that I am not present when meeting them.	Anxiety Self conscious	What are they thinking of me? Do I look good in these clothes?	I am not good enough just the way that I am.
<b>Work</b>	I am unhappy at work.	I don't quit. I never ask for a raise.	Frustrated Trapped	I need the money, I can't quit. It's not so bad.	The only way I can make money is in this job.
<b>Body</b>	I am overweight.	Eat too much No exercise	Depressed Ashamed	I'm fat. Gym is only for those good looking people.	Exercise is hard. I'm ugly. Fat people are ugly.
<b>Family</b>	My boyfriend and I fight all the time because he thinks I am possessive.	I ask him where he was last night. Then I argue with him.	Jealous angry Don't trust him Scared he will betray me	Where was he Is he cheating Does he love me	I'm not good enough for him. Men always cheat. You can't trust men.
<b>Friends</b>	I don't see my buddies as often as I would like to.	I schedule my calendar with work related stuff. I work late and then am too tired to go out.	Trapped (at work) Powerless (to leave work without finishing) Overwhelmed.	There's too much to do at work so I can't leave yet.	It is responsible to work hard. If I ask for help my boss might not give me that raise.
<b>Spiritual</b>	I feel empty and I know there must be more to life, but I don't know what...	Nothing Waiting to be hit by inspiration.	Frustrated Empty	I'll focus on my spirituality when I'm older.	To be spiritual, you have to meditate for hours a day. I don't have time.

**UNCOVER YOUR LIMITING PROGRAMS:** Fill in each cell below working row by row from left to right.

AREAS OF LIFE	<b>STEP 1. Results</b> I do not want in this area of my life.	<b>STEP 2. Actions</b> I am taking (or not taking) to produce the result in column 1.	<b>STEP 3. Emotions</b> I feel before / when taking the actions in column 2.	<b>STEP 4. Thoughts</b> I think before feeling how I feel in column 3.	<b>STEP 5.</b> My limiting <b>program</b> or false <b>belief</b> about this area of life is... Ask: "What must be true for me to think the thoughts in column 4?"
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