

# Tranceformations



## MANIFESTATION 5-DAY CHALLENGE

### Day 4

Today, we focus on identifying and overcoming limiting beliefs. These are the hidden narratives that often hold us back from achieving our full potential. This workbook will guide you through the process of recognizing, confronting, and transforming these beliefs.

**There is a supporting audio session with this workbook which I would suggest you download and listen to repeatedly for as long as you need.**

**Please take the opportunity to complete a daily gratitude entry, it really does make a large difference.**



## Daily Gratitude Entries:

Date:

### Morning Gratitude

As you start your day, think of 3 things you are grateful for. These can be as simple as a sunny day or as significant as a loved one.

Gratitude 1:	
Gratitude 2:	
Gratitude 3:	

### Evening Reflection

Reflect on your day. What moments or interactions brought you joy, peace, or satisfaction?

Grateful Moment 1:	
Grateful Moment 2:	
Grateful Moment 3:	



## *Section 2: Personal Achievement:*

Recognize something you accomplished today, no matter how small. Celebrating your achievements fosters self-appreciation.

**Today's achievement:**

## *Section 3: Affirmation of Gratitude*

Write a short affirmation that reinforces your sense of gratitude. Repeat this affirmation before you sleep.



## *Section 4: Identifying Limiting Beliefs*

Think about areas in your life where you feel stuck or unsatisfied. What beliefs might be holding you back?

Here are some common limiting beliefs. Do any of these resonate with you? Add any others you can identify.

*"I'm too old to start something new," "I'm not good enough," "I don't deserve success," etc.*



## *Section 5: Understanding Your Beliefs*

Where do you think these beliefs come from? Consider past experiences, influences from others, or societal norms. Think about when you first experienced these beliefs.

How have these beliefs affected your decisions, actions, and feelings?



## *Section 6: Challenging Limiting Beliefs*

**For each belief**, ask yourself: "Is this really true?  
What evidence do I have against this belief?"  
If there is evidence then ask yourself what you can  
do to transform the situation.

Now, let's rewrite these beliefs into empowering affirmations.  
Example: Change "I'm too old to start something new" to "I use to believe I was too old to start something new, however now I know I have valuable life experience that enriches my new beginnings."



## *Section 7: Affirming New Beliefs*

Write down a daily affirmation practice using your new beliefs.

Visualize yourself living according to these new beliefs. How does it change your actions and decisions?



## Day 4 Completed!

Congratulations on challenging your limiting beliefs. By rewriting these narratives, you are opening doors to endless possibilities and stepping closer to your true potential.

*"Believe in yourself, and all that you are.  
Know that there is something inside you  
that is greater than any obstacle."*