

10 questions to help you identify your comfort zone and limiting beliefs:

1. *Where is my comfort zone with money, in my relationships, and with myself? (Think about the things you know you should do, but do not).*

2. *What beliefs about myself keep me "safe"?*

3. *What was I told I "couldn't" or "shouldn't" do by parents and teachers?*

4. *What am I subconsciously committed to being right about?*

5. *What beliefs do I share with most of my family and friends?*

6. *In what ways are my beliefs different than those of my family and friends?*

7. *In what areas of life am I afraid to be wrong?*

8. *What are some things about myself I have always thought to be true?*

9. *In what ways can I detect outside ideas influencing my daily decisions?*

10. *What would I do if I knew I absolutely could not fail?*
