

The **G**ift of  
**L**oss



**Making  
Your Beliefs  
Work  
For You**

# Beyond Loss

VIRTUAL RETREAT

**What do you**



**about Loss?**

Consider what life would be like if all of your ancient limiting beliefs simply disappeared.

You are now a blank slate where all possibilities are valid options.

There's nothing holding you back from being or trying anything.

Sounds idealistic, though it is possible and it all starts with you questioning all of your beliefs especially the beliefs that are limiting your potential.

Grab your journal and start working through the ten questions on the next couple of pages.

Pick one limiting belief around any kind of loss event to work through and then allocate some time each week to work through some other limiting beliefs.

Before you know it all of your limiting beliefs will have disappeared and all of your beliefs will be there supporting you as you reach your full potential.

**Remember:**

**What You Believe You Receive.**

So, let's bust through Your Limiting Beliefs ASAP.

## Questions 1 - 5

**1. What is your most powerful & debilitating limiting belief?**

Isolate a belief that really interferes with your growth or impacts your ability to take action.

**2. Why do you have this limiting belief?**

This is a question you should ask until you run out of answers. Write down every reason you can think of, starting with the main one that probably occurred when you were small.

**3. How has this belief affected your life?**

List all the opportunities and experiences this limiting belief has prevented you from doing.

**4. Is there any current truth to this limiting belief?**

What actual circumstances have happened in the last year or currently that support any truth in your limiting belief? There are many reasons that contradict your belief. Write those down too.

**5. How would your life be different without this belief?**

Imagine the belief disappeared instantly. How would this change your perceptions of what you can do and how you can change your life? What goals would you set for yourself?

## Questions 6 - 10

**6. Would you be willing to write down your limiting belief on a small piece of paper and seal it in an envelope for a week?**

Let's put this belief "on hold" for a week and act "as if" it didn't exist. Write it down on a piece of paper and seal it away in an envelope.

**7. What are 3-5 small, manageable actions you could take on your goal (listed under Q.5) this week while your limiting belief is sealed in an envelope?**

List them out, including all the action steps, then schedule them in your calendar and make them happen.

**8. What is a new belief that you could consider adopting whilst your current belief is locked away for the week?**

Usually the complete opposite.

**9. In what way is the new belief true?**

Write down all the evidence (past events and experiences) that supports this new belief.

**10. What can you accomplish with this new belief?**

Go big on this one – visualise your life knowing that no matter life sends your way, you have the gems to easily move beyond any kind of loss with love gratitude and forgiveness