

20 HELPFUL BELIEFS

Do you want to change your life? It all starts with changing your beliefs.

Which of the following statements might benefit you to believe? How might your life be different if you believed them?

1. The universe is always working in my favor.
2. Things happen *for* me, not *to* me.
3. It was meant to happen the way it did.
4. I am doing enough.
5. I always have enough.
6. Money is easy.
7. It's amazing to be alive right now.
8. Everyone is doing the best they can.
9. I CAN do hard things.
10. Everything is figureoutable.
11. Little things create big results.
12. Effort matters more than talent.
13. There's plenty of time.
14. Failure is how we get to success.
15. Learning what *not* to do can be just as valuable as learning what *to* do.
16. Worry serves no purpose.
17. I matter.
18. I am exactly as I should be.
19. I can make a difference.
20. I am capable of great things.

WANT HELP BELIEVING THESE? Listen to Episode 8 of the *Perfectionist Professional Woman* podcast - "Collecting Evidence for What You Want."

WANT MORE HELP? Schedule a free mini session with me at <https://kerimartinez.com/schedule>