

## EXERCISE



# *Reframing Limiting Beliefs*

Exercise from: *Worthy: How to Believe You Are Enough and Transform Your Life* by Jamie Kern Lima (2025)

**Purpose:** Articulate and reframe disempowering narratives or labels that have shaped your actions and mindset. By writing down, articulating, and reframing these beliefs, you can begin to remove the barriers holding you back.

### **Instructions:**

1. Identify Limiting Beliefs:
  - Consider narratives or labels that frequently come up when you think about yourself
  - Write down any beliefs or labels that stem from your upbringing or life experiences
  
2. Explore the Impact:
  - In the second column of your worksheet, note how these beliefs or labels have shaped your actions, mindset, and life
  
3. Reframe the Belief:
  - In the third column, rewrite each belief or label in a way that is empowering and more aligned with your current self
  - For example, reframe "I'm not good enough to lead" to "I bring unique skills and perspectives to leadership."

### **Reflection Prompts:**


- What patterns emerged as you reflected on your limiting beliefs?
- How do the reframed beliefs align with your goals and aspirations?
- What small steps can you take to act in alignment with your new beliefs?

## *Reframe Your Narratives*

Disempowering Label	What did believing this label cost me? What impact has it had on my life?	Reframe: What is my new empowering Replacement Label?

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**OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025**



**Reimagine Your Career: A Playbook for Designing Your Next Act**

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

**Next cohort begins on February 11, 2025**

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background of the banner is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white bold text. Below the title is a paragraph of white text describing the challenges women in tech face. Below that is another paragraph of white text describing the support provided by Lift Up Connections. At the bottom right is a blue rounded rectangular button with white text that says 'Next cohort begins on February 11, 2025'.

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