

# I DON'T HAVE FING TIME FOR THIS!

Mom-to-Mom Support Group

## Empowering Beliefs to Overcome Limitations

1. "I am enough" (replacing "I'm not good enough")
2. "I trust myself" (replacing "I can't make good decisions")
3. "I am worthy of love and respect" (replacing "I'm unlovable")
4. "I can achieve my goals" (replacing "I'll never succeed")
5. "I am capable of learning and growth" (replacing "I'm not smart enough")
6. "I am deserving of happiness" (replacing "I don't deserve good things")
7. "I am strong and resilient" (replacing "I can't handle challenges")
8. "I am worthy of forgiveness and new beginnings" (replacing "I'm a failure")
9. "I trust that everything will work out for my highest good" (replacing "The universe is against me")
10. "I am loved and supported" (replacing "I'm alone and unsupported")

Remember, the key is to make these positive beliefs specific, present-tense, and personalized to your experiences and needs. Repeat them regularly, especially when faced with limiting beliefs or challenging situations, and watch your mindset and life transform!

