



# LIFE COACHING

CERTIFICATION  
PROGRAMME

*Questions to Help  
Find Limiting Beliefs*

Created By Kain Ramsay

## QUESTIONS TO HELP FIND LIMITING BELIEFS

- 1) What is a problem or limitation that has held you back for a while?
- 2) What is it you would like to do/have, except something is stopping you from getting it/doing it?
- 3) What is it that is REALLY stopping you from getting what you want?
- 4) This is a problem because?
- 5) And this means? (Repeat as many times as necessary)
- 6) What must you believe that makes this problem even exist?
- 7) What is it you believe about YOURSELF that has made this a problem?
- 8) What do you believe about the WORLD that has made this a problem?
- 9) What is this problem an example of?
- 10)...and what is THIS an example of?
- 11) When did you decide that your problem was a problem (roughly)?
- 12) At what point in your life did you buy into this concept?
- 13) What decision did you make that caused this problem to be born?
- 14) What does this problem mean to you?
- 15) What will life be like when you don't have this problem?