

The LUKE BENOIT
FREEDOM SYSTEM



**DISCOVERING AND ERADICATING
HARMFUL BELIEFS**

THE LUKE BENOIT FREEDOM SYSTEM: DISCOVERING AND ERADICATING HARMFUL BELIEFS

I've spent my career helping people release what's holding them back from having the lives they want and deserve. Over decades of practice, I've found the single most powerful cure for life's negative experiences is eliminating harmful beliefs.

All negative emotions - Shame, Regret, Self-Doubt, you know the ones - are connected to your harmful beliefs. Beliefs you may not even realize you are carrying around; some are from what happened earlier today, some are from childhood, and some were picked up along the way between childhood and today.

In order to develop and nurture Healthy Beliefs, you have to make room for them by first uncovering and clearing out the old, harmful beliefs you still hold. These harmful beliefs are getting in your way and holding you back from having the life you truly want and deserve.

Let's get rid of your most harmful beliefs once and for all.

The first step is to surface your harmful beliefs, and that's why I've developed this tool to help you do that. Believe me, while you may already be familiar with some of your harmful beliefs, you will discover the causes of them through this process. I want you to use this worksheet to help you Identify the Harmful Beliefs that are holding you back most in your own life. Once they are identified, you can clear those old, harmful beliefs out and make room for the Healthy Beliefs that will power your successes in 2019.

HOW IT WORKS:

This worksheet is designed to help you Identify the Harmful Beliefs that are holding you back most in your own life. Follow the steps while referring to the Harmful Beliefs checklists provided on the following pages to help you gain the insight and clarity you need to create change in your life.

| Step 1: List the top 5 current problems or conditions in your life that you wish could change | Step 2: Note the harmful belief connected to the problem (use the lists starting on the next page) | Step 3: Choose which emotions you associate with the belief (circle all that apply) | Step 4: List memories or life incidents the harmful beliefs grew out of and who they are connected to* |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 1. | | Anger Sadness Happiness Shame Fear | |
| 2. | | Anger Sadness Happiness Shame Fear | |
| 3. | | Anger Sadness Happiness Shame Fear | |
| 4. | | Anger Sadness Happiness Shame Fear | |
| 5. | | Anger Sadness Happiness Shame Fear | |

* Don't try to write out the whole incident or memory. Just jot a few words down that capture the essence of it for you including who was involved.

HARMFUL BELIEFS LISTS:

Use these lists to help you identify the most prominent Harmful Beliefs that are most troubling in your life.

From the [PAC MAN THEORY](#):

You're Fat.
You're Ugly.
You're Stupid.
Everything is all your Fault.
Why can't you be more like your Sister?
You're just like your Father.
You're not good enough.
You're Dirty.
You're going to Hell.
You're inferior because of your race.

From [63 Limiting Beliefs that Hold you Back from Massive Success](#):

I'm not somebody who follows through.
I'm good at starting projects but I can't finish them.
I'm not an expert.
Nobody cares what I have to say.
I'm not perfect. Why would anybody listen to/buy from/hire me?
I didn't work hard enough on this.
I'm not worth it.
I don't deserve [money, recognition, success].
I don't have time.
My family isn't entrepreneurial ("Smiths don't start businesses!").
People will judge me.

I'm a creative.

I'm not creative.

I'm a procrastinator.

I'll sound stupid.

Somebody has thought of this before.

Other people can do it better than me.

Nobody is interested in my ideas.

My idea is weird. It's not the norm.

If I succeed, I won't be able to sustain it

I don't have the skills.

I'll never be creative/analytical/mathematical/good at selling
enough to be an entrepreneur.

People who have something to sell are evil.

Nobody would want what I have to offer.

I don't know enough.

I'm not a [numbers, business] person.

The people who are successful in this are out of your league.

You're not going to be successful so there's no point in trying.

I'm too old.

I'm too young.

I owe it to others to always work for them.

I'm beneath these people.

I'm a quitter. I don't finish things. I don't persist.

I'm lazy.

Entrepreneurs are sleazy.

I'm not original enough.

People like me don't ... (build businesses, become entrepreneurs,
become successful).

People won't take me seriously because I'm..(female, male, young, old, fat, thin).

I'll look foolish.

I don't feel like I could give enough value.

I've tried it before and failed, so I'll fail if I try again, too.

I can't because I have kids. I can't because I..

Regardless of how hard I might work at something or how well I might do, I'll never measure up.

I will always avoid pursuing goals that matter to me.

What is meant to be will happen.

I can't ask for anything. I'll be rejected.

I don't/wouldn't know where to start.

The only way to success is to go to college, get a degree, and work your way up the corporate ladder.

I don't have the willpower.

I'm just not motivated.

I'm happy with how things are now.

I'm not smart enough.

I can't do that.

There is no point.

I don't have enough money.

I don't have enough support.

I don't have the connections.

I'm too shy.

I'm too scared.

That's just not "me".

I'm not tech savvy.

I don't know what I want.

Now is not the time.