

Spot the beliefs holding you back.

Choose one thing you want but keep putting off. Start with a recent moment when you held back.

01 Name what you're moving toward

What would you like to be different? What matters to you about it?

02 Notice where you stop

What feeling came up when you held back? What did you expect would happen if you went ahead?

03 Write the beliefs you're following

What are you assuming about yourself, other people, and the world? What do you believe you're allowed or not allowed to do? Write down everything that comes to mind.

04 Examine each belief

Does it help you move forward (supportive) or hold you back (limiting)?

05 Question the limiting beliefs

What evidence supports each belief? What evidence doesn't? What are the alternatives? Choose a small action that could help you check your assumptions.

Treat the beliefs you find as things to check. Moving forward may also take time, skills, resources, or support.

Work through it with Vivamus AI.

Use Vivamus AI to spot limiting beliefs and rewrite them into supportive ones, in your own words. Its questions help you find a belief that feels credible and helps you move forward.

Available on iOS only.

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