

WORKBOOK

LIMITING SELF BELIEFS

Our monthly audit, reflection and
period for aligned action

OVIE.IO

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TAKING INVENTORY

We must understand our own beliefs to know which might be holding us back.

2

LIMITING SELF BELIEFS

Broken down by Sophia Dawson, Ovie Psychologist.

3

IS THIS THOUGHT HELPFUL?

An activity to get you thinking about your beliefs.

4

COMMITTED & ALIGNED ACTION

Your plan for how to detach from your limiting beliefs.

5

REFLECTION

Space for reflection on self learnings, or free journalling space to use as you wish.

TAKING INVENTORY

HOW DO YOU DEFINE LIMITING SELF BELIEFS?

WHAT FEELINGS AND THOUGHTS ARISE TO THE WORDS
LIMITING SELF BELIEFS?

IS THIS SOMETHING YOU FEEL YOU HAVE DONE, OR ARE
DOING? HOW? WHEN?

WRITE DOWN ANY LIMITING BELIEFS YOU HAVE ABOUT
YOURSELF

1.

2.

3.

4.

5.

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WHAT ARE LIMITING SELF BELIEFS?

When it comes to PCOS, and getting your diagnosis - all the things your doctor is telling you about this condition - it's tough, this information is emotionally charged.

It feels catastrophic right?

So, it makes a lot of sense that your mind holds on to this, to use this information for protection. It's almost like your mind's trying to prepare you for the worst. Worst case scenario is always where our minds go first, it's a survival instinct.

This happens with a lot of challenges we face across our life, and we all create our own layers of worst case scenarios.

Our brains tend to function on confirmation bias - we seek out the evidence that reinforces our current belief system, so if our belief system is "I am not worthy", we are constantly going to be looking for evidence of this, and bypass all the evidence that disputes this.

This builds limiting self beliefs.

OVIE LIMITING SELF BELIEFS

But why are they limiting?

Because these beliefs can get in the way of us making towards moves to where we want to go, the person we want to become.

We need to be able to notice when a thought is not helpful. Asking, is this thought taking me towards where I want to be?





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CLARE & SOPHIA ON LIMITING SELF BELIEFS

Clare & Sophia sit down to talk about limiting self beliefs, and how they manifested for Clare with her PCOS diagnosis and health journey.

[WATCH HERE](#)

IS THIS THOUGHT HELPFUL?

This is an exercise to help you recognise the unhelpful and/ or untrue thoughts that you're having that might be limiting your potential.

AN EXAMPLE OF THIS EXERCISE:

A THOUGHT THAT IS STUCK:

I am never going to get a job because I am not good enough at anything, everyone is better than I am.

IS THIS THOUGHT HELPFUL?

Absolutely not.

HOW IS IT GETTING IN THE WAY OF YOUR TOWARDS MOVES?

I am not applying for jobs because I feel like they're out of reach - there's no point. This is getting in the way of me achieving my dream career and feeling fulfilled in my life.

WHAT COULD BE A MORE HELPFUL THOUGHT?

I have great people skills, I'm a fast learner and I am committed to learning. I want to work in this industry because I am passionate about it. Someone will value these skills and my drive. I will continue to put myself forward for roles.

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IS THIS THOUGHT HELPFUL?

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A THOUGHT THAT IS STUCK:

IS THIS THOUGHT HELPFUL?

HOW IS IT GETTING IN THE WAY OF YOUR TOWARDS MOVES?

WHAT COULD BE A MORE HELPFUL THOUGHT?

ALIGNED ACTION

This is where you can begin to craft your game plan for change you're going to make in this area of limiting self beliefs.

1. WHAT IS ONE BELIEF I HAVE ACKNOWLEDGED IS UNHELPFUL AND I WANT TO FOCUS ON CHANGING?

WHAT ARE SOME ACTIONS I CAN TAKE TO CHANGE THIS?

2. WHAT IS ANOTHER BELIEF I HAVE I KNOW IS UNHELPFUL AND I WANT TO FOCUS ON CHANGING?

WHAT ARE SOME ACTIONS I CAN TAKE TO CHANGE THIS?

FREE JOURNALLING

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

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COACHING](#)

