

SELF-LIMITING BELIEFS

Simple action sheet

to overcome and accept you own Self-limiting beliefs

My friends, please be kind to yourself during this process! Nobody is perfect, don't criticise or judge yourself, we all have something to work on. I went through this process myself, that's why I can share it with you!

Because of this practise, my life now is evolving and expanding in ways I would never have believed years ago. As I said, we have to constantly allow ourselves time for inner work!

Our potential for expansion is limitless!

Instead of watching 30 minutes of Netflix or browsing on Social Media (I know, the time can go so fast there!) do this.

STEP 1

List at least five things you want to or always wished you would have done in life.

It can be hobby, a sport, an adventure or even a course which you always wanted to do but your own mind stopped you.

1.

2.

3.

4.

5.

STEP 2

List at least five situations in the past, when, at the beginning you thought is impossible for you, but you still did it.

1.

2.


3.

4.

5.

Hello, I'm Shubho...



...and I help people to live a more **mindful & meaningful** lifestyle. I do it in the ambience of amazing places in Southeast Asia & India during **Boost Camps**, a new concept of authentic travel & mindfulness. 

I also lead separate workshops for aspiring humans seeking personal and professional growth and a deeper level of happiness.



Join my Inner Circle

and get inspired.

