

CHRISTINE VIDA

Transform your inner world. Transform your life.



Worksheet

The 3 Core Beliefs That Keep You Stuck *(and how to break free)*

3 Core Beliefs

In my lifelong journey of personal transformation, I've encountered the same core beliefs again and again—within myself and in nearly everyone I work with. These beliefs run deep. They're often subconscious, yet they shape how we experience life, what we believe is possible, and the choices we make.

Below are three of the most common limiting beliefs that keep us stuck—and a powerful practice to begin loosening their grip.

1. “I’m not enough.”

(Not good enough. Not skinny enough. Not smart enough. Not successful enough...)

This belief is the voice of inner criticism.

It's not the truth of who you are—but a distorted self-image built over time, shaped by painful experiences and internalized messages from others.

We compare ourselves to an unattainable ideal, and when we fall short, we take it personally. This belief becomes a loop: we think it, feel it, act from it—and then it becomes our identity.

But the truth is: **You are already enough.** This belief is not real, but we live as if it is because we haven't questioned it.

3 Core Beliefs

2. “I’ll never get what I want.”

(The right partner, career, respect, money, fulfillment...)

This is the voice of doubt and defeat.

It’s the belief that convinces us to stop trying, to play small, to settle.

It whispers: Why bother? It’s not going to happen for you.

We don’t pursue what we desire because deep down, we don’t believe it’s available to us.

So we stay stuck in patterns that reinforce the belief.

But it’s a lie.

And when you challenge it, you create space for new possibilities.

3 Core Beliefs

3. “I don’t deserve to be happy.”

(Even if you wouldn’t say it out loud—your subconscious decisions may reflect it.)

This is the voice of self-sabotage.

It often shows up subtly. It’s a hard to reach, playing in the background kind of belief.

It’s behind the times you stayed in relationships or jobs that drained you.

It’s behind the people-pleasing, the guilt, the self-sabotage.

It’s the voice of shame and unworthiness that causes you to say yes when you want to say no, to settle when your heart wants more.

You’re not broken.

You’ve just believed a story that was never yours to carry.

Break the Belief: A 30 Day Practice

These beliefs often run our lives silently because we never stop to question them.

We don't realize how our thoughts shape our reality, so we assume the problem lies out there—in circumstances, other people, or the world.

But when we get curious and shine a light on these beliefs, they begin to lose their grip—like a ghost that vanishes when seen clearly.

The moment we question them, their subconscious power begins to dissolve.

And as that stuck life force is released, it flows back to you—giving you the clarity, energy, and agency to create meaningful change.

The exercises below, when practiced consistently for 30 days, will begin to loosen the grip of the belief and return your energy back to you—energy that's been tied up in old patterns and stories.

“No thought has any power. You have power. And when you identify and believe in the thought you give power to the thought.” - Mooji

Break the Belief: A 30 Day Practice

Practice 1: Write out the ways these beliefs have shown up in your life

“I’m Not Enough”

(Not good enough. Not skinny enough. Not smart enough. Not successful enough...)

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Break the Belief: A 30 Day Practice

Practice 2: Take 10 minutes a day in a quiet place and begin to question each belief, focusing on one belief at a time.

Let the question land. Stay open and curious.

Whatever answer arises – thoughts, emotions, body sensations, memories, sounds, silence – is welcome. There is no wrong or right answer.

The question is doing the work. Continue for 30 days.

“Is it really true I’m not enough?”

“Is it really true I can’t get what I want?”

“Is it really true I don’t deserve to be happy?”

Break the Belief: A 30 Day Practice

Example:

Question: *“Is it really true I’m not enough?”*

Answer: Yes (thought answer)

Question: *“Is it really true I’m not enough?”*

Answer: Sadness (emotional answer)

Question: *“Is it really true I’m not enough?”*

Answer: A deep breathe (energetic answer)

Question: *“Is it really true I’m not enough?”*

Answer: A bird outside chirping (sound answer)

Question: *“Is it really true I’m not enough?”*

Answer: Stillness (presence answer)

Remember, there is no right or wrong answer. The power is in the question, as it begins to take the power / faith out of the belief.

Break the Belief: Reflection

Sometimes this process may stir up emotions or memories we've avoided.

That's okay.

Let it arise – because it means it is working.

It has to come up to come out. It may not feel great in the moment, but it is being released, and what is being returned to you in its place is your life force.

This is how you reclaim your power and free up the energy to live the life you want and deserve.

Reflection Time:

- *What came up during the 30 days?*
- *Did any feelings start to shift?*
- *Did you notice any other changes in your life during this time?*
- *What resistance, if any, came up around doing this practice?*

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Next Step: Book a Session



This 1:1 Clarity Session is designed to help you uncover the root of what's keeping you stuck in one key area of life — and offer clear, compassionate guidance to help you take aligned action.

Get 20% off first Clarity Session with Code:
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