

Re-framing Limiting beliefs

- Identifying limiting beliefs.
- Determining where these beliefs originated from.
- Understanding why limiting beliefs are harmful.
- Re-framing negative limiting beliefs.

Advantages:

- Increases awareness of own thought processes.
- Enables student to monitor and address negative limiting beliefs and accompanying negative self-talk as it occurs.
- Results in improved confidence and willingness to engage with challenges and new content or new scenarios.