

## Limiting Belief Checklist

There are hundreds and thousands of beliefs that can be held on many levels, Soul, History, Core, Parallel. Here is a sample of powerful beliefs for you to muscle test

Take this test here to check whether you are aligned with your heart's desires or are running limiting beliefs and programmes.

I'm worthy  
I'm loved  
I'm safe  
I'm secure  
I'm deserving  
I'm good enough  
I'm valued  
I'm respected  
I'm trusted  
I'm seen  
I'm heard  
I'm rich  
I'm abundant  
I have amazing gifts to share  
I'm successful  
I'm a failure  
I'm scared to fail  
I'm sacred to succeed  
I must work hard  
I have to make sacrifices  
Money is bad  
I have to struggle  
Everything comes to me with grace and ease  
My life is meaningful  
I know my purpose  
I am happy  
I'm sad  
I'm angry  
I'm stuck  
My life's worth living  
I can have what I want  
I'm punishing myself  
I'm guilty  
I'm a victim

Here is the 4 minute video where I teach you how to muscle test.

<http://www.kimberleylovell.co.uk/5138/how-to-muscle-test-use-your-body-as-a-pendulum/>

If you are getting a no, when you want a yes or getting a yes when you want a no, then this demonstrates that you are holding negative or limiting thoughts, feelings and beliefs that are holding you back in your life.

You might choose to clear these beliefs by asking God/Source to clear them, by using EFT, Hypnosis or Theta.

I would love to support you further so if you'd love support to rapidly shift these beliefs, and transform your life, please do book a session with me now. Sessions are carried out via phone or skype and available worldwide.

Discover more about my transformational coaching and book a session here <http://www.kimberleylovell.co.uk/mentoring/spiritual-intuitive-energy-healing/>

Love & Blessings

Kimberley x