



# My Personal Declaration of Independence

Date: \_\_\_\_\_

Use this worksheet to identify limiting beliefs that are holding you back in life in your TOH business. Below each "I Quit" Statement, write one or more affirmations containing truth that stands in stark contrast to the limiting belief you are choosing to quit. Then, put this new belief into practice by choosing one action you will take with this new mindset.

**Limiting Belief:** I quit believing I am not enough.

**Affirmation:** We are all created differently, yet we are all worthy of dignity, respect, and love. I have my own unique sets of abilities, skills, traits, visions, and dreams that perfectly match the life I am to live. I AM Enough!

**Practice:** As I go about my work with TOH, I will do so with boldness and confidence believing that my unique personhood is perfectly matched for the customers, hostesses, and potential partners that will come my way. I will not doubt my abilities even as I seek to improve my skill set. I will not compare myself to the success of others and instead trust the process for my personal life.

(Develop as many "I Quit" statements as you need. Keep this declaration someplace you can frequently reference it.)

**1. Limiting Belief: I quit.....**

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**Affirmation:**

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**Practice:**

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**2. Limiting Belief: I quit.....**

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**Affirmation:**

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**Practice:**

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**3. Limiting Belief: I quit.....**

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**Affirmation:**

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**Practice:**

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