



Change Limiting Beliefs with Dowsing Worksheet

Use this worksheet to guide yourself through the process of changing limiting beliefs using dowsing. Be honest, take your time, and revisit sections as needed. The more consistent you are, the more powerful your results will be.

Step 1: Pick Your Theme

What area of your life feels stuck or limited? This could relate to money, love, health, confidence, creativity, etc.

- Theme: _____

Describe why this area feels stuck or what emotions come up when you think about it:

Step 2: Gather Your Affirmations

Find or write 5–10 affirmations that align with the reality you want to create around your chosen theme. Use online searches or create your own.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3: Calibrate Your Pendulum

1. Ground yourself.
2. Set intention for types of questions you'll be asking (e.g., the theme you picked).
3. Ask that your subconscious mind and spirit guides come forward for this session.
 - a. Ask your subconscious mind to answer TRUE or FALSE to indicate whether you truly believe each affirmation.
 - b. Ask your spirit guides to clear any limiting beliefs that come up, and strengthen the belief of the affirmation within you.
4. Ask, Ask, "Please show me a YES or TRUE response."
5. Ask, "Please show me a NO or FALSE response."
6. Ask, "Please show me a MAYBE or IN PROGRESS response."

Step 4: Test, Clear, & Strengthen Beliefs

Test each affirmation to see whether you already believe it. Circle the initial response.

If you receive a FALSE or MAYBE/IN PROGRESS response for any affirmation, ask the following of your spirit guides:

1. “Please clear all limiting beliefs I have that prevent me from truly believe that <insert affirmation>.”
2. “Please strengthen the belief in me that <insert affirmation>.”

Affirmation Belief Check - Circle the initial response for tracking:

Affirmation 1 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 2 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 3 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 4 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 5 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 6 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 7 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 8 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 9 – Belief response (circle one): TRUE FALSE MAYBE

Affirmation 10 – Belief response (circle one): TRUE FALSE MAYBE

Step 5: Reinforce New Beliefs

Go back to the beginning of the affirmation list and see what responses you get for them now.

If any are still FALSE:

1. Ask, “Do I need to know more about why I don’t believe this affirmation?”
 - a. If NO, clear and strengthen as you did previously.
 - b. If YES, you’ll need to look deeper and see what underlying beliefs you might have that hinder your ability to believe this affirmation.
 - i. Money theme examples: Do you believe that you have value in this world, and/or that your gifts and talents are valuable? Do you feel worthy of receiving what you desire? Do you believe that you are supported by the universe?
 - c. Have this conversation with yourself and ask your spirit guides to clear any limiting beliefs that arise.
 - d. Ask your spirit guides to strengthen the preferred belief(s).

Limiting Beliefs Cleared:

Preferred Beliefs Strengthened:

Step 6: Dig Deeper When Needed

For the particularly stubborn limiting beliefs that just won't clear, or the preferred beliefs that won't solidify, your soul is calling you to find the root. These beliefs can be the result of persistent self-esteem issues, guilt over past mistakes, trauma, among other things. You'll need to go down the rabbit hole and do some work on these old beliefs. Do your work to clear any limiting beliefs that arise during this process.

Your Notes:

Step 7: Repetition

You might find yourself following this process multiple times, especially with particularly stubborn beliefs. For those beliefs you can also:

1. Do some journaling on the subject to identify where you're getting stuck.
2. Use a mala to repeat affirmations.

Step 8: Release With Gratitude

Once you're done with the session, say thank you to your subconscious and spirit guides for the powerful work they've done on your belief system. Release them with deep gratitude.