

# Create Empowering Beliefs

What you believe and the principles you live by determine who you are and the results you experience. Belief fuels the actions that create your results. Build your belief in dōTERRA and the products in order to fuel the actions that create the results you desire. Use this table to reflect on your current beliefs and identify areas for growth.

	LIMITING BELIEF	EMPOWERING BELIEF
PRODUCT	<p>I don't know enough.</p> <p>They're too expensive. I can't afford the LRP.</p> <p>I won't use enough for a 125 LRP.</p> <p>I don't have the time to learn enough.</p>	<p>I know enough for today and I know where to learn more.</p> <p>I honor and invest in the health of my body/mind/spirit.</p> <p>Natural products support my wellness lifestyle.</p> <p>I have all the time I need.</p>
COMPANY/ OPPORTUNITY	<p>Network marketing is a scam.</p> <p>I'll never make any money.</p> <p>I'm overwhelmed and don't know where to start.</p> <p>You had to get in early/be at the top to make any money.</p>	<p>Authentic network marketing is a powerful model.</p> <p>I live in harmony with the law of the harvest.</p> <p>I am supported by proven systems that help me grow.</p> <p>I stand as a leader in the movement for wholeness.</p>
YOU	<p>I don't trust myself.</p> <p>Others can be successful, but I never will.</p> <p>I'm not enough.</p> <p>I hate sales.</p> <p>I can't be a good mom and be successful in dōTERRA.</p>	<p>I honor my inner voice.</p> <p>I create massive value, for I am a producer.</p> <p>I learn more and become more so I can serve more.</p> <p>Because I am empowered, I empower others.</p> <p>I can put my family first and be successful.</p>
YOUR BUILDERS	<p>My builders are not building.</p> <p>I can't find any leaders.</p> <p>I don't get along with my leaders.</p> <p>My builders won't follow my leaders.</p>	<p>I plant and nurture the seeds of health and hope in others.</p> <p>I see value and potential in others so clearly, that they can see it in themselves.</p> <p>I am united and create powerfully with my builders.</p> <p>We grow in abundance and success as we strengthen and serve.</p>
YOUR TEAM	<p>I will never reach my goal.</p> <p>I can't create a team culture.</p> <p>My team is disconnected.</p> <p>I'm so frustrated with my team!</p>	<p>My team is loyal and supportive of my goals and with them I can achieve.</p> <p>I intentionally create my team culture with integrity and authenticity.</p> <p>My team is unified and collaborative.</p> <p>I am so grateful for each member of my team!</p>
YOUR WHY	<p>I'm just a nobody with nothing to offer.</p> <p>Other people have big vision and dreams.</p> <p>I'm a better follower than leader.</p>	<p>By divine design, I am an infinite creator.</p> <p>I dream so big I become the person who achieves it.</p> <p>I was born to be free and lead others to freedom.</p>
YOUR INFLUENCE	<p>I don't have any special gifts.</p> <p>I choose safety over taking chances.</p> <p>I don't know enough people.</p>	<p>I express my gifts in brilliance.</p> <p>I choose life, love, and gratitude.</p> <p>I am connected. My vision is clear.</p>
YOUR LEGACY	<p>I'm fine with my life.</p> <p>I don't know what my higher purpose or personal mission is.</p> <p>My life is not meaningful or rewarding.</p>	<p>Joy, courage, and abundance will be my legacy.</p> <p>I'm connected to inspiration and I'm clear on my personal mission.</p> <p>My life is very fulfilling and meaningful!</p>