ROUND OF 10

In the left column, write an affirmation that is attainable but one that you do not fully believe. Then, without overthinking it, quickly write your first response across from it in the right column. Repeat this affirmation and jot down your next response. Continue this process at least ten times (Same Affirmation-Quick Response) until you begin to loosen your belief in your limiting thought, allowing you to respond with something like, "Yes, maybe that's true."

Continue working with the affirmation. Do another round of 10 each time opposing or additional negative beliefs arise. Here is an example of using the *Round of 10* to loosen the grip of a limiting belief.

1. Listening to constructive feedback makes me a more effective colleague	I won't survive others' criticism.
2. Listening to constructive feedback makes me a more effective colleague	They'll think I'm incompetent; I won't be able to show my face again.
3. Listening to constructive feedback makes me a more effective colleague	I've been hurt before, and it was painful.
4. Listening to constructive feedback makes me a more effective colleague	They said they appreciated all I've done.
5. Listening to constructive feedback makes me a more effective colleague	I'm glad they at least told me.
6. Listening to constructive feedback makes me a more effective colleague	At least, they didn't gossip about me to others.
7. Listening to constructive feedback makes me a more effective colleague	The truth is I was distracted.
8. Listening to constructive feedback makes me a more effective colleague	I have a much better idea of what to do in the future.
9. Listening to constructive feedback makes me a more effective colleague	When they see that I've listened, we can rebuild trust.
10. Listening to constructive feedback makes me a more effective colleague	I can take it! I'm learning every day. I don't have to be perfect!

Now, you try it.

Affirmation I want to believe	Response