

LIMITING BELIEFS

SO WHAT IS A LIMITING BELIEF?

Well, in a nutshell, it is a thought or belief we have that **HOLDS US BACK** from achieving our full potential.

Most often, these limiting beliefs are thoughts that we have about ourselves, and about the way we see ourselves. They could be things like “I’ll always be overweight” or “I’ll never make a lot of money or be wealthy” or “I’m just not creative” or “I’m not good at _____”

STRATEGY 1: NAME THE FEAR

Shut off that voice inside your head that is saying “you can’t” is to **name the fear**.

ASK YOURSELF THE FOLLOWING:

What is your **FEAR**?
What is your **LIMITING BELIEF**?
What is that **VOICE TELLING YOU**?

I think that the reason our limiting beliefs have so much power over us is because we don’t actually realize that what we are hearing inside of our head isn’t necessarily based on truth, but based on fear.

We just assume that the message we are hearing—the voice, the thought, the limiting belief—is our reality, when the truth is that it is nothing more than just that—a voice or a thought or a limiting belief.

STRATEGY 2: CHANGE THE TAPE

You know--that **SELF-TALK MESSAGE** that is stuck playing in your head on repeat, over and over again. The one that keeps telling you you’re not good enough, or smart enough, or pretty enough, or that you’ll never succeed, or that you’ll never get organized or that you can’t write or that you shouldn’t even bother trying. Stop listening to that message and replace it with a new one.

HOW DO WE DO THAT?

Well, one very simple way to start is by using **POSITIVE AFFIRMATIONS**.

At that means that you very intentionally craft a new script for yourself, one that you read and repeat out loud to yourself, every single day.

STRATEGY 3: CREATE ACCOUNTABILITY

Let’s face it—**ACCOUNTABILITY IS TOUGH**. We often **SAY** that we want it, but when push comes to shove, do we really?

I think for most of us, it is really, really hard to let people in and to be completely real and authentic, especially when it comes to our limiting beliefs.

In fact sometimes our inability to let people in stems from a limiting belief in and of itself—the belief that people will let us down, or hurt us, or that we can’t actually trust or rely on anyone.

There is always that underlying fear—what would they say, or worse yet, what would they think, if they really knew how inadequate we were?

WHO DO YOU TRUST TO HOLD YOU ACCOUNTABLE?

Is there anyone? A friend or co-worker or perhaps a trusted mentor? Who in your life would you be willing to open up to, and would that person be willing to provide honest feedback? And, just as importantly, would you be ready to receive it?

Those aren’t easy questions, but finding that accountability in your life might just be the final push you need to **MOVE PAST** those limiting beliefs.