



## LIMITING BELIEFS:

Throughout our lives we gather beliefs from our peers, colleagues, family, friends etc, and create our own we then take these beliefs and live our life by them. Our thoughts are very powerful as they control our emotions, our emotions then lead to our behaviours, which we act upon and react according to our belief.

The things you say to yourself can be the number one support tool you have to guide you towards your goals, however when we don't believe we can, usually we won't.

Ask yourself this; is the way you talk to yourself holding you back?

Limiting beliefs are those things you believe about yourself that ultimately place limitations on your abilities. They are sub-conscious thoughts creeping in and telling you something that is ultimately not true.

For example:

“Bad things always happen to me”      “I’m no good at speaking to people”

“I would never be able to do that”      “I would never be a good leader”

Limiting beliefs are simply assumptions about your reality that come from your perceptions of life experiences. For our actions to have the greatest positive effect, we need to have beliefs that are as close to reality as possible.

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**The most common limiting beliefs are:**

Fear of success, Fear of failure, Fear of not being loved, Fear of rejection, others hold me back, Things just don't work out for me, I don't deserve a better life. , Things like that don't happen to me.

Limiting beliefs get in the way of what you think is possible for yourself and keep you from living your happiest, most fulfilling life.

The worksheet (below) will help clear any limiting beliefs that are holding you back from your most fulfilling life.

**Questions to ask yourself to help break down limiting beliefs:**

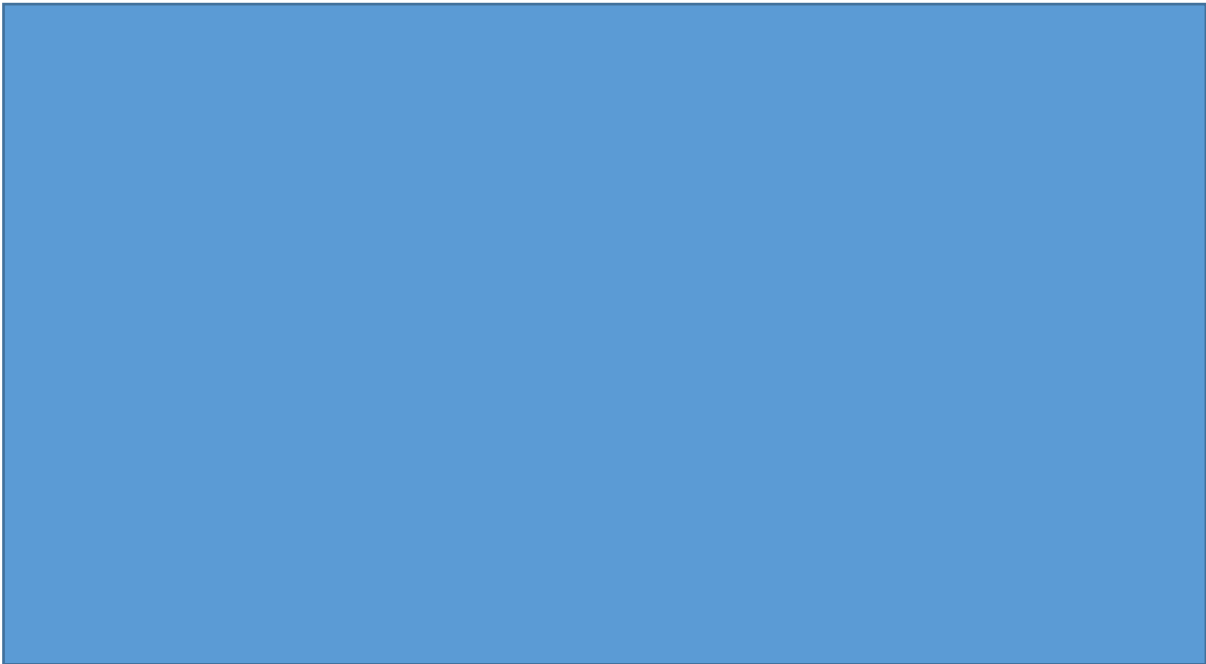
1. What makes this belief true in your life?
2. When you look objectively, at your life up until now, what evidence do you have to support this belief?
3. Has this belief been true 100% in your life?
4. Has the negative belief taken into account all the negative and positive things that have happened in your life?
5. Has the belief worked against you or for you?
6. Did you choose this belief or was it influenced by someone else?
7. Does this belief still fit into my life as it is now?

## LIMITING BELIEFS WORKSHEET:

Limiting beliefs? Everyone has them how do we challenge them?

STEP 1: Pick a topic you want to clear a limiting belief around. Eg; money, health, skills.

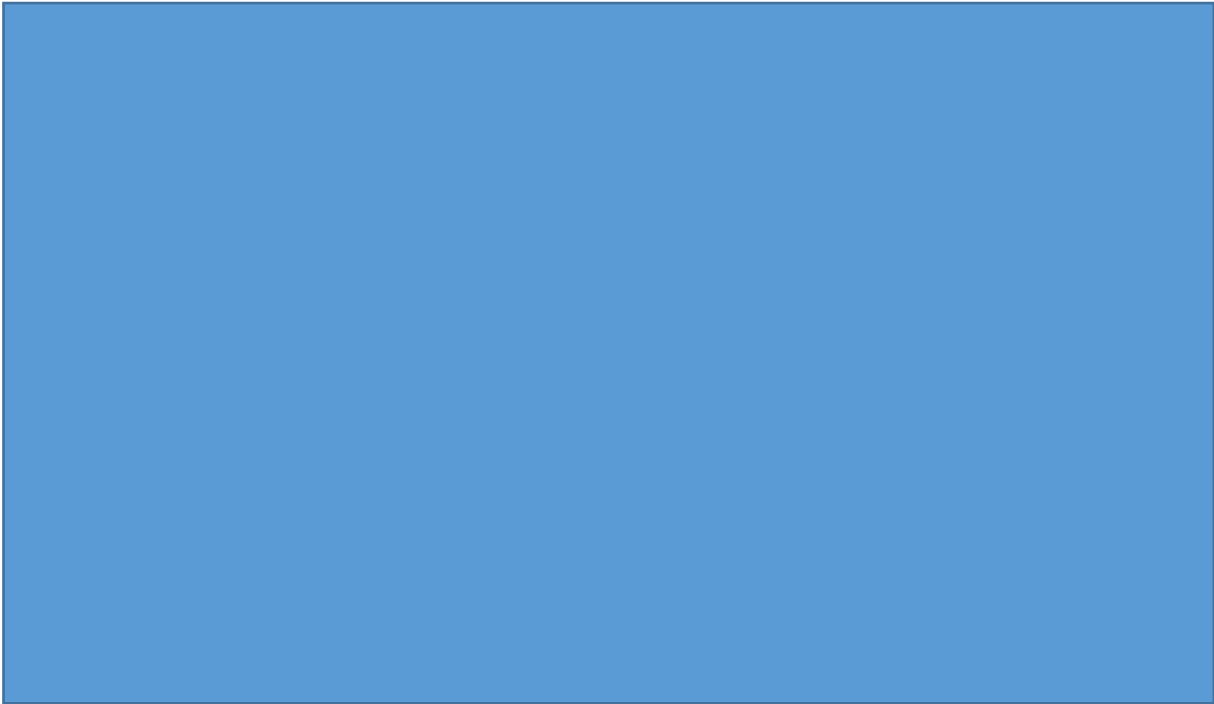
I want to clear limiting beliefs around.....



STEP 2: Write down a list of limiting beliefs you have around this topic.



STEP 3: Use the questions above to help break down the limiting belief.



STEP 4: Forgive yourself and others for all the different beliefs you have developed. Eg, I forgive myself for thinking I was unworthy.



STEP 5: Give yourself permission to release your limiting beliefs and move past them. Eg, I give myself permission to let go of these beliefs and see new possibilities.

