



# WHAT ARE YOUR LIMITING BELIEFS?

In order to move forward you need to understand your own beliefs and which beliefs are limiting. When you believe your life will be hard, your mind will concentrate on this belief and will search for evidence to back up this belief. Let's face it, we all like being "right!" What we believe will create our experience, and our experience will confirm our beliefs.

Example= if you meet someone you are crushing on for the first time, as you tell yourself that you are attracted to this person, you look for the things you like about them (nice smile, funny, shared hobbies). With some relationships after a couple dates you change your belief from, " I'm crushing on this person" to " I don't think this relationship will work out." After changing your belief you start looking for new evidence to back up this new belief (hairy ears, messy, always late)

As you will agree, the same thing happens with our own limiting beliefs. We tell ourselves something negative about ourselves and then look for evidence to back this up....

## INSTRUCTIONS:

- Create a list of all the limiting beliefs you hold about yourself and then provide the "evidence" to support this limiting belief.
- Example= I'm a bad driver
  - Proof: it took me 3 attempts to pass my test, I hit the curb last week, my partner tells me I'm a bad driver

LIMITING BELIEF	PROOF/EVIDENCE OF BELIEF
1.	
2.	
3.	
4.	
5.	

To change your beliefs, question and challenge the evidence/proof that backs up your limiting belief, look for generalizations (always/never good hints), check to see what is missing. Essential create doubt in your belief. Record at least 3 questions to challenge each belief.

- Example: I hit the curb last week
  - Challenge= how many times have you driven and not hit the curb? Were there any other influences that caused you to hit the curb?

Limiting Belief #1	
Evidence 1	
Challenging Questions	
Evidence 2	
Challenging Questions	
Evidence 3	
Challenging Questions	



Limiting Belief #2	
Evidence 1	
Challenging Questions	

Evidence 2	
Challenging Questions	
Evidence 3	
Challenging Questions	



Limiting Belief #3	
Evidence 1	
Challenging Questions	
Evidence 2	
Challenging Questions	
Evidence 3	
Challenging Questions	



Limiting Belief #4	
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Evidence 1	
Challenging Questions	
Evidence 2	
Challenging Questions	
Evidence 3	
Challenging Questions	



Limiting Belief #5	
Evidence 1	
Challenging Questions	
Evidence 2	
Challenging Questions	
Evidence 3	
Challenging Questions	

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Our mind never sets out wanting you to have a hard life, we can presume that there is a positive intention for every thought and belief you have. Limiting beliefs are often formed by your unconscious mind to protect you in some way. Your limiting beliefs have been adapted through past experience, repetitive negative thought comments (from yourself and others or your environment). Your mind would rather not have you repeat this distressful experience will allow you to believe it's not worth putting yourself through it again.

EXAMPLE:

- You may have gone for 2-3 job promotions and been rejected, which left you feeling bad/embarrassed about the whole experience. Rather than go through this negative experience you will start to believe, "I will never get a promotion" and stop yourself from applying for a new position, keeping you safe (in the short term) by not feeling rejected

You need to ask yourself, what is my limiting belief stopping me from doing? Is my limiting belief doing more harm than good? If I had a new belief or could change my limiting belief would this help me move forward? Would I be happier? Would I feel I have more choices?

Take your limiting beliefs and update them, giving yourself new opportunities.

**\*\*IMPORTANT\*\***

**In order for these updated beliefs to work they HAVE to be believable by your mind**

BAD EXAMPLE: (not believable)

- Limiting Belief= I will never lose weight
- Updated Belief= I'm skinny

EXAMPLE:

- Limiting Belief= I always make mistakes
- Updated Belief= I always learn from anything that does not go to plan

LIMITING BELIEF	UPDATED BELIEF

Updating your beliefs is a practice. Now that you understand how our beliefs create our experience, it's time to put this new belief into practice. Each day record the proof of your new belief.

NEW BELIEF	EVIDENCE/PROOF 2 SUPPORT