



What Are Your Limiting Beliefs?

- **Introduction**

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. This happens all the time.

Have you ever been searching for your car keys saying to yourself “I can’t find my car keys” you look everywhere without being able to locate the car keys, this leads you to becoming angry and frustrated. Your partner comes in and tells you that there on the table in front of you – the place you checked three times! By telling yourself you can’t find the keys, stops you from finding them.

Another example is when you meet someone you fancy for the first time, as you tell yourself that you are attracted to this person, you look for the things you like about them - a nice smile, funny and interesting. With some relationships, after a couple of dates you change your belief from “I really fancy this person” to “I don’t think this relationship will work out” after changing your belief you start to look for new evidence to back up this new belief - hairy ears, always late and uses bad aftershave/perfume.

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

- **Explanation of the Exercise**

First write a list of all your limiting beliefs; your beliefs that stop you from moving forward:

Example: “I’m a bad driver”

Pick one of your limiting beliefs – why do you believe this statement? Because in your mind you have backed this belief up with evidence, if you challenge the evidence you will break your belief.

To change your beliefs, question and challenge the evidence that backs up your limiting belief, look for the generalisations, check to see what is missing – essentially create doubt in your belief.

For example - I hit the curb last week.

- How many times have you drove and not hit a curb?
- Were there any other influences that caused you to hit the curb?

My partner tells me I can't drive

- Does your partner know what makes a good driver? D
- Does your partner drive?
- What else does your partner tell you that are incorrect?
- Does your partner sometimes tell you, you are a good driver?

As you can see once you start questioning your limiting beliefs you will start to create doubt which will lead to you changing your beliefs.

I'm a bad driver

It took me 3 attempts to pass my test

I hit the curb last week

My partner tells me I can't drive

Everyone says women are bad drivers

Step 1

Write down each your limiting beliefs one by one and the evidence you use to back up this belief:

- Limiting Belief 1:
Evidence:

- Limiting Belief 2
Evidence:

- Limiting Belief 3
Evidence:

Step 2

Limiting Belief 1: Record 3 questions that you can ask yourself to challenge this belief:

Q1

Q2

Q3

Limiting Belief 2: Record 3 questions that you can ask yourself to challenge this belief

Q1

Q2

Q3

Limiting Belief 3: Record 3 questions that you can ask yourself to challenge this belief

Q1

Q2

Q3

- **An explanation**

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

As an example, you may have gone for 2-3 job promotions, 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 (short term pleasure) 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 a limiting belief would this help me move forward? Would I be happier? Would I feel I have more choices?

Step 3

- **Take your limiting beliefs and update them, giving yourself a new opportunity**

Example

Limiting Belief	Updated Belief
I always make mistakes	I always learn from anything that does not go to plan
Life is hard	Life is full of challenges that help me to move forward and grow
My relationships never work out	I will have a good relationship once I meet the right person for me

Add your limiting and updated beliefs below: how you would like to be!

Limiting Belief	Updated Belief

Now you have a list of new beliefs, but beliefs only work when we truly believe them. As an example before 1945 people believed that you could not run a mile in under 4 minutes, this was a belief that everyone shared which meant it was an easy belief to back up with evidence (other people and athletes telling you – your evidence does not need to be true for you to use it to back up your belief) people tried and failed. In 1945 Roger Banister ran a mile in under 4 minutes instantly breaking that belief, the following year 37 other runners ran a mile in under 4 minutes – that’s the power of beliefs

Record your new positive belief and look for evidence to back up your belief. Once you find evidence to back up your new belief you will truly believe this belief which will result in the belief becoming reality.

Your beliefs are powerful, as you already know you will search for evidence to back up your beliefs; be certain that your new beliefs have a positive purpose, re-read your new beliefs and say them out loud. Imagine yourself living your new beliefs feeling more positive about moving forward.