

Recognizing Unhelpful Beliefs for a better you!

Free your authentic self by
identifying and overcoming
unhelpful , limiting beliefs!

How many can you relate to?

The beliefs we hold on to are either empowering or, dis-empowering. Our mindset either serves us or acts as a noose around our neck. Whether your belief is a way of thinking that'll help you to achieve your goals or not, you'll always find evidence to support your belief and to have it become your reality.

LIMITING BELIEFS LIMIT YOUR FULL POTENTIAL

- How many of these limiting beliefs can you identify with?
- My opinion is all that matters
- I am bad for having boundaries
- My wants are not important
- I am responsible for others
- I am not good enough
- I must keep other people happy
- I am not responsible for my life
- Saying 'no' to people is bad
- People who say 'no' to me are bad
- I need to do better than this
- I don't deserve happiness
- I'm not anything special – because I've never achieved anything extra special
- I hate my looks – and can do nothing to change them
- I'm too weak – I'll never find the strength to change
- This is all there is – and this is as good as life gets
- I'm a bad/unlovable person
- I'll always struggle, while other people have it easier

So why not start looking at your own limiting beliefs? Take a few minutes to brainstorm all the thoughts that you feel might be holding you back from achieving any goals you have in life.



free yourself...

Consider these emotions and thoughts that pop into you mind ; negative thoughts, excuses, worries, thought patterns, justifications, beliefs conditioned from family or culture, perfectionistic thinking, fear, previous failure.

1. WHAT RULES HAVE I SET MYSELF IN LIFE THAT MIGHT BE LIMITING MY ABILITY TO GET STARTED WORKING TOWARDS MY GOALS?

2. WHAT NEGATIVE THOUGHTS REOCCUR IN MY MIND EACH TIME I CONSIDER PURSUING MY DREAM(S)?

3. WHAT UNNECESSARY ASSUMPTIONS DO I MAKE ABOUT COMMITTING TO AND ACCOMPLISHING THIS GOAL?



believe in yourself...

Overcoming limiting beliefs requires that we replace each one with a new and more empowering way of thinking. To create and establish a new belief, it has to be believable. So, your next challenge is to consider new beliefs, perspectives, life philosophies or slogans that really resonate with you. Answer the questions below to help get you started on creating your own empowering mantra!

1. WHAT ADJECTIVES OR WORDS COULD I USE TO DESCRIBE MYSELF THAT MAKE ME FEEL EMPOWERED?

2. WHAT EVIDENCE IS THERE THAT DISPROVES THIS LIMITING BELIEF?

3. WHAT EVIDENCE IS THERE THAT PROVES THE EXACT OPPOSITE OF THIS LIMITING BELIEF?