

Limiting Beliefs

“It is not who you are that holds you back. It is who you think you are not.” – Author unknown

Limiting beliefs are the stories we tell ourselves about the world around us.

They shape everything we do, how we interpret the world around us, and what we fear about our future. Limiting beliefs ...

Keep us from seeing what is possible for ourselves. For example ...

- You might see your dream job and immediately think, “I am not capable or qualified enough for it,” so you don’t even apply.
- Your mother may have told you that you’re bad with numbers, so you don’t even try to manage your money well .
- If you’ve been in a few bad relationships, you might tell yourself “I’ll never attract a good relationship,” or “It’s not worth it to date again.”

Keep us from taking action in our lives.

- You followed up on an introduction to a VP about a job and you didn’t get hired. It was a huge disappointment, and embarrassing to tell your friend who referred you that you didn’t get the job ... so you tell yourself that networking and asking for introductions is always a really bad thing. So you stop networking, because you figure if it happened once, it’s bound to happen again.
- You changed jobs early in your career, and landed in a worse job ... so now, when you want to leave your current job, you’re terrified you’re going to land in another bad one.
- You stood up to a bad boss once before and got fired ... so you decide it’s not worth trying to stand up for yourself this time around.

Limiting beliefs come from our families.

Many of our limiting beliefs are cemented in at a very young age, when we do not have the ability to process or filter things. Conversations around the dinner table, snorts and negative comments about people on the street and the way your parents handled situations can become deeply embedded in our psyche. Family fears of “other” and family fears about the unknown can be especially tough to recognize, or to shake.

Limiting beliefs come from our experiences and relationships.

Traumatic experiences certainly shape who we are. So do day-to-day experiences. If you struggled in school, you might spend a lifetime thinking you’re not smart enough to accomplish much of anything ... even though people tell you otherwise. If you had a bad experience with a bank or financial advisor, you’ll have a tough time trusting others with your money.



Which of these limiting beliefs are in your life?

Limiting beliefs about work

- I am not good enough.
- I am not worthy of that promotion.
- I just don't have enough experience.
- Who would want to hire me?!
- I just don't know how to manage big projects.
- I can't be trusted with responsibility.
- Whenever I manage things, it just turns out awful.
- Everyone else gets the good jobs.
- I never get opportunities to take on big projects.
- No one listens to me.
- I will never find the right job.
- All bosses are crappy.
- My supervisor is never going to listen to me.
- My opinion isn't important.
- Working for the man is soul-crushing.
- I don't deserve to make money doing what I love.
- It's impossible to make money doing what you love.
- I have to be a starving artist to maintain my integrity.
- I am not talented.
- I have no special strengths.
- You're not supposed to like what you do.
- No one appreciates me.
- Everyone expects too much of me.
- I got passed over for a promotion again - it's just not fair.
- My co-workers never like me.
- _____
- _____

Limiting beliefs about money and abundance

- I will never get my big break.
- There is never enough.
- Everyone else gets all the good stuff.
- My spouse/the government is after my money.
- There is never enough to go around.
- I will never make enough money to support my family.
- Money can't come to me easily.
- Earning money requires working really hard.
- Money is the root of all evil.
- Money doesn't grow on trees.
- You just can't trust others with money.
- I am bad with money.
- Money is made to be spent!
- We/I will never be rich.
- Rich people are bad people.
- Money turns people rotten.
- You can't trust someone who has a lot of money.
- Money just doesn't matter that much to me. I don't need it!
- The rich get rich, and the poor get poorer.
- Making lots of money requires sacrificing who you are.
- I am not worthy of being happy.
- Why does this always happen to me?
- This is too much for me. I just can't do it.
- I can't be trusted when things are going well.
- _____
- _____
- _____
- _____

Limiting beliefs about self-worth

- I am a failure.
- I can't make things happen.
- I don't deserve a better life.
- Things just don't work out for me.
- It's all my parents' fault.
- People look right through me.
- That's just my luck!!
- Who am I to have everything I have ever wanted?
- _____
- _____

Limiting beliefs about relationships

- Rejection is confirmation that I am not good enough for anyone.
- There are no really good relationships. That's just Hollywood.
- I will never find love. It's stupid to think I will.
- I am not worthy of being loved.
- I always get hurt (or dumped or betrayed).
- All the good ones are taken.
- No one wants me.
- You just can't trust anybody in a relationship.
- My relationships just never work out.
- I need someone to take care of me. I can't function on my own.
- Putting yourself out there always leads to getting hurt.
- I need to be someone else other than myself for others to like me.
- I need somebody else in my life to make me feel useful.
- Not doing what my family wants is betraying them.
- I have to do what my parents say or else (even as a grown-up).
- Others are going to hate me if I stand up for myself.
- _____
- _____

Limiting beliefs about good health

- My body just heals slowly.
 - Getting sick is unavoidable.
 - I don't deserve to be healthy.
 - Everyone else in my family is overweight, so I always will be, too.
 - Losing weight is the biggest battle of my life, and I just can't win it.
 - I am helpless to heal myself.
 - Diets just don't work. Look around you.
 - Healthy people were all born that way; it's easy for them.
 - I inherited my health problems. There's nothing I can do about it.
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5 Steps to clearing your limiting beliefs.

1. Pick one topic (work, money, etc.): _____
2. Write down your top 5 limiting beliefs around that topic:
 - _____
 - _____
 - _____
 - _____
 - _____
3. Thank the beliefs for protecting you when you were young.
Sounds silly, but unless you stop to recognize that there were really good intentions behind this belief, you won't be able to shake loose from it.
4. Forgive yourself and everyone else in your life for creating these beliefs. *This one sounds silly, too ... but criticizing yourself for your beliefs will only make your inner child fight harder to hold on to them.*
5. Give yourself permission to consider alternatives to the beliefs you have had held for so long.