



Do you struggle with feelings of inadequacy? What is holding you back from accomplishing your loftiest dreams? This exercise may help you answer these questions and provide the knowledge you need to thrive.



Overcoming Limiting Beliefs

Feelings of low self-confidence lead to a lack of courage. The resultant timidity can limit our achievements. In order to break through this cycle, a person must identify the Limiting Beliefs that are holding them back and develop a strategy to overcome those beliefs. You know what Limiting Beliefs are! They are your internal programming that control your thoughts, feelings, actions and results.

***If you want different results in your life – in any area of your life –
you must control this internal programming.***

If your internal programming is negative you will develop negative thoughts, which lead to depressed feelings, which lead to mediocre actions or the decision to take no action at all. It should be obvious that actions such as these will never lead to the dynamic results we dream of attaining. So, let's change our internal programming and see how it impacts the results we achieve in our lives.

“THE REASON YOU’RE FEELING A
LACK OF CONFIDENCE OR COURAGE
IS BECAUSE YOU BELIEVE YOUR
LIMITING BELIEFS ABOUT YOURSELF.”

Ten Common Limiting Beliefs

1. I’m not good enough
2. I will never be a success
3. I cannot accomplish anything worthwhile
4. I will never achieve my dreams
5. I cannot solve my own problems
6. I’m not worthy
7. I have nothing to offer
8. People aren’t interested in my opinions or ideas
9. I will never be as lucky as everyone else around me
10. I’ll never get what I want



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Do any of those statements resonate with you? Is there an inner voice within you which whispers one of these statements anytime you consider doing something noteworthy? Have you allowed any of these sentiments to define you?

Let's begin the process of overcoming these limiting beliefs!

In this exercise, you will say each of the following beliefs out loud. Yes, it may feel awkward – so you might want to do this at home when you are alone. However, it is important you physically verbalize each belief as this will lead to a more accurate response from your body to the message the statement is communicating. You may be surprised how your body physically responds when one or more of these beliefs are spoken out loud.

Once you have spoken the belief out loud, assign a number from 1 to 10 to that belief. The stronger the belief – the higher the number you will assign to it. Don't overthink this! What is your initial, gut reaction to hearing yourself speak that belief out loud? That is the number which you should assign to the belief. Circle the corresponding number you have assigned next to the belief.

Repeat this process for each of the ten beliefs.

| | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|
| I'm not good enough..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I will never be a success..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I cannot accomplish anything worthwhile..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I will never achieve my dreams..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I cannot solve my own problems..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I'm not worthy..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I have nothing to offer..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| People are not interested in my opinions or ideas..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I will never be as lucky as everyone around me..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I'll never get what I want..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Once you have completed rating all ten of the beliefs you will be ready to move on to the next step.

Look back over the ten beliefs and identify the one with the highest number. This belief is your most harmful limiting belief that is holding you back from being all you desire to be and accomplishing everything you have set your mind to (you may have more than one belief that you scored equally high – for the moment, choose the one to which you have the greatest negative reaction). You are going to focus on this limiting belief for the next week to tame it and bring it under your control. Use the following exercise to begin this part of the process of overcoming your limiting beliefs.



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Once you identify your most harmful limiting belief – you will now look for examples from your life when that belief was not true. You may need to ask a trusted friend, family or co-worker to help you recognize an event when this belief was not true in your life. Come up with as many examples as you can, but at least come up with three.

These examples from your own experience provide evidence that this Limiting Belief is not accurate. It is not true in your life all the time. These examples become your truth! Every day for the next week, speak the Limiting Belief you chose out loud. Consciously disagree. Follow that by speaking out loud and remembering the most powerful examples when that belief was not true in your life.

Now Let's Put Together a Plan to Truly Overcome Your Limiting Beliefs!

Identify the Limiting Beliefs which are truly holding you back from accomplishing everything you desire and are the obstacles to you becoming the person you want to be. Don't limit yourself to the suggested beliefs I offered earlier. Develop your own list of Limiting Beliefs – the ones you hear played in your mind over and over again. One question you can ask yourself which may help you identify some of your Limiting Beliefs would be this: "What is the worst insult someone could throw at me?"

Once you have identified your most troubling Limiting Beliefs, repeat the exercises from the previous page. Rank the Limiting Beliefs, then find examples in your life where those beliefs proved false. Identify at least three strong examples for each Limiting Belief.

Every day for the next three weeks, read your list of Limiting Beliefs along with your life examples of when those beliefs were not true. Do this out loud if possible. This exercise reprograms your mind and enables you to replace the negative inner voice - which spouts off those Limiting Beliefs - with positive reinforcement that reminds you that you are not enslaved to those beliefs because they are not really true in your life.

To engrain this in your mind in an even more forceful manner, do this exercise following this format:

1. Read the Limiting Belief out loud.
2. Immediately respond (again, out loud) in a confident manner – "No! That is not true!"
3. Continue – "I know it's not true because...(insert your top three examples here)..."

If you repeat this exercise for a minimum of 21 days, you will discover the Limiting Beliefs you identified are beginning to hold much less power over you. In fact, ideally, you will have replaced those negative Limiting Beliefs with the positive experiences you have had.



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The objective is to stop having conversations such as:

You – “I’m going to accomplish (fill in the blank) today!”

Your Inner Voice – “Really?!? You can never accomplish anything you set out to do.”

You – “You’re right. I shouldn’t even waste my time trying.”

Instead, have conversations like this:

You – “I’m going to accomplish (fill in the blank) today!”

Your Inner Voice – “Piece of cake! Do you remember when you (replay your three positive examples)?”

You – “Here I go! Nothing can stop me!”

(YOU) CHOOSE (YOUR) THOUGHTS. NO
THOUGHT, AT ANY TIME, CAN DWELL IN (YOUR)
MIND WITHOUT (YOUR) PERMISSION.

SHAD HELMSTETTER, PH.D

I’m offering a complimentary 45-minute Strategy Session to those who would like to learn more about my “*Silence Your Inner Critic: Master the Thoughts that Drive You©.*” To take advantage of this offer, use the link below to schedule your session.

<https://my.timetrade.com/book/YFV7R>

Believing in You!

Chris Mahan