

# Recognizing Unhelpful Beliefs for a better you!

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



# Believe in Yourself

**U**nhelpful (limiting) beliefs are just any beliefs that hinder our potential growth in life. In other words - a limiting belief is like an unresourceful way of viewing the world. They are usually developed during childhood, adolescence, or through traumatic life experiences.

The question that people always ask is, but what if my limiting beliefs are actually true? This is very rarely the case. You can very easily disprove most limiting beliefs by looking around at other people. Are there individuals who lost a lot of weight and managed to keep it off for years? Are there individuals who run successful businesses? Are there people who appear to have found their 'Mr or Mrs Right'? If the answer to any of these questions is 'yes', then the truth is that you can achieve these things too. Most people don't want to face the reality that the way they've been seeing things up until now isn't serving them and that they will have to make some changes if they want to move forward in life.

Don't be too attached to your beliefs. They are just our perception of reality, not reality itself. The truth is that we can't ever be certain that any of our beliefs are true. The best we can do is strive to weed out any false beliefs and adopt new beliefs that empower us. Why would anyone hold on to a disempowering belief like, 'I'll never find my ideal partner?'

Limiting beliefs are challenging to ditch because our brains are very good at finding selective evidence that supports them. Our brains are subject to what is known as 'confirmation bias'. For example, if you believe that fundamentally you're 'not good enough', your brain is likely to search for and latch itself onto every example of times where you've made some kind of error or mistake while ignoring times that you've succeeded.

However, the truth is that any limiting beliefs can be challenged and ditched with practice. Here is a list of common limiting beliefs that many people experience:

# 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?

4. WHAT QUOTES, CLICHES, APHORISMS OR OTHER CATCHY PHRASES RUN THROUGH MY MIND THAT ARE RESTRICTING ME?

5. WHAT STEREOTYPICAL OR CULTURAL BELIEFS AM I ALLOWING TO HOLD ME BACK?

6. HOW MIGHT MY STANDARDS REGARDING "WHAT" AND "HOW" THINGS SHOULD BE DONE, BE NEGATIVELY IMPACTING MY ABILITY TO "GO WITH THE FLOW" AND JUST LET LIFE HAPPEN?

7. ARE THERE ANY VALUES THAT I'M HOLDING ONTO THAT GET IN THE WAY OF ME ACCOMPLISHING THIS GOAL? IS THERE SOMETHING THAT I VALUE THAT CONTRADICTS WHAT I ACTUALLY WANT TO WORK TOWARDS?

8. WHAT SELF-DEFEATING MEANINGS HAVE I DRAWN FROM PREVIOUS FAILURES? HOW ARE THESE MEANINGS LIMITING ME AND CREATING BARRIERS IN REACHING MY GOALS?

9. WHAT IS THE BROKEN RECORD THAT'S PLAYING OVER AND OVER AGAIN IN MY HEAD THAT'S DISEMPOWERING ME?

10. AM I HOLDING ONTO ANY BLACK AND WHITE THINKING PATTERNS THAT KEEP ME "FROZEN" IN A PASSIVE WAY?



# *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?

4. HOW CAN I TURN MY LIMITING BELIEFS INTO NEW, EMPOWERING WAYS OF THINKING?

5. WHAT IS THE EXACT OPPOSITE, EMPOWERED WAY OF THINKING ABOUT THIS LIMITING THOUGHT PATTERN?

6. HOW DO OTHERS WHO HOLD THE OPPOSITE BELIEF TO ME THINK? WHAT EMPOWERING WAYS OF THINKING ARE WORKING FOR THEM?

7. WHAT IS THE THOUGHT SYSTEM OR BELIEF THAT I WISH I COULD ACTUALLY BELIEVE?

8. CONSIDER SOMEONE WHO HAS ALREADY ACHIEVED YOUR DESIRED GOAL. WHAT WAYS OF THINKING, ATTITUDES, AND MINDSETS HAVE THEY ADOPTED THAT HAVE HELPED THEM TO BECOME THE SUCCESSFUL PERSON THEY ARE?



***The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature. ~ Marcus Aurelius***

The more you consider, reflect on and incorporate these new beliefs into your daily life, the more ingrained they become in your subconscious mind. With practice, overcoming limiting beliefs becomes easier. Without consciously finding a new way of thinking, you will continuously fallback to your old belief system that prevents you from moving toward your goals.

WHAT IS THE **ONE ACTION STEP** YOU CAN TAKE TODAY THAT WILL MAKE A POSITIVE IMPACT ON YOUR LIFE? **WRITE IT DOWN.**

THE THINKING THAT GOT YOU TO WHERE YOU ARE TODAY, WILL NOT GET YOU TO WHERE YOU WANT TO BE TOMORROW. NEW GOALS REQUIRE NEW WAYS OF THINKING.

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