

SELF-LIMITING BELIEFS..

..are ideas we have about ourselves that hold us back, like we're not capable enough to achieve our goals.



WHY HAVE THEM?

Could be fear of failing or rejection.

Using them as excuses not to take risks, we think we're avoiding failure. Really, we're just not giving ourselves the chance to succeed.



TO AVOID THEM, TRY THESE FIVE STEPS:

1

Decide what you want to achieve. You need a plan or a goal so you know what you want to gain, and can measure against it.

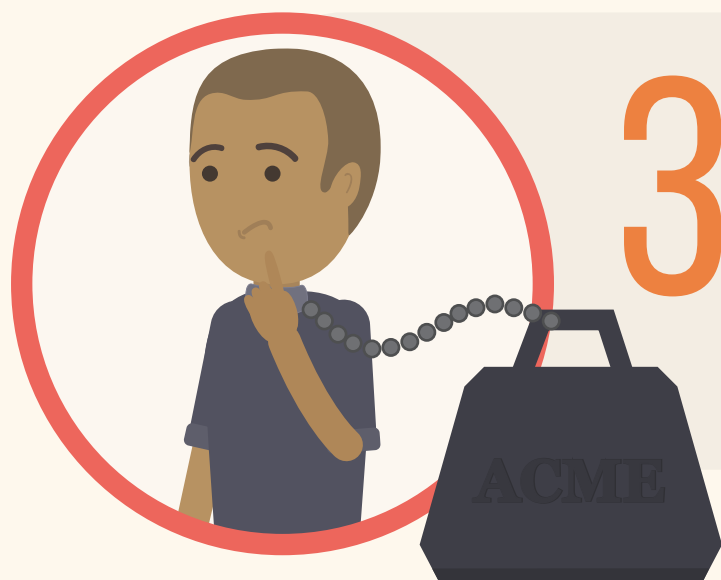
2

Identify your self-limiting beliefs. What do you tell yourself that stops you getting what you want? Differentiate them from valid beliefs.



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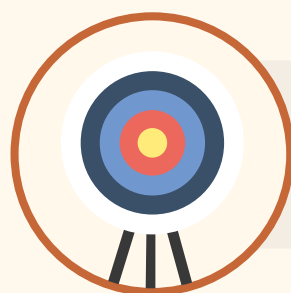


3

Question your self-limiting beliefs. Be tough. They're not necessarily based in fact. Consider their consequences - what will they keep you from doing, short- and long-term, and how will that make you feel?

4

Adopt new, empowering beliefs - that are believable. Work backwards from your goal, and think what you'd need to believe to achieve it. Strengthen your new beliefs through your decisions and actions.



5

Start using your new beliefs. Start small - every success will help condition you. It might feel weird at first, but it'll become habit before long.



WHEN IT COMES TO SELF-LIMITING BELIEFS, REMEMBER, THEY'RE ALL IN YOUR HEAD!