



# Limiting Beliefs

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

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# What are Limiting Beliefs?

- ▶ Thoughts, beliefs, or opinions that are accepted as absolute truths and which limits you in some way
  - ▶ “Girls aren’t any good at math”
  - ▶ “Boys don’t cry”
- ▶ Not all limiting beliefs are negative
  - ▶ “You shouldn’t steal...”
- ▶ These can be about yourself, about the world, or about life in general
  - ▶ Resulting from how you were raised, educated (formally and informally), and/or your life experiences
  - ▶ Most, but not all, are formed in childhood
- ▶ They often result in making poor choices, avoiding trying something new, or failure to reach your full potential
- ▶ Limiting beliefs can also influence mindfulness
  - ▶ Most limiting beliefs are chock-full of judgements and prejudices

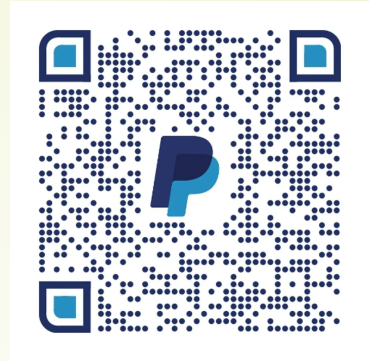


# Addressing Limiting Beliefs

- Important for both you and society
  - “I’m a woman and women’s perspectives aren’t taken as seriously as men’s are so I will remain quiet on the issue...”
    - This may be true of society in general, but not necessarily the people you are with
      - They know you as a person, not as some intangible group idea
    - Be a trailblazer for positive change by starting with those in your immediate circle
- When you identify a limiting belief, correct it
  - Recognize the limiting belief
    - My students are horrible this year
  - Correct the limiting belief
    - It’s doubtful that all your students are horrible. Students are all at different levels academically and there may be outside influences impacting behaviors in class. I must try to be more patient and understanding without letting the students control me or the class.
  - Repeat until the limiting belief has been completely eradicated from your subconscious reactions



# Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



# Your Mission



## *What are your limiting beliefs?*

- Identify your negative limiting beliefs. Over the next week or two, note each time you have a limiting belief. Record these in your Officer's Log, including your correction to each limiting belief. Work on eliminating as many of these as you can.