



Choosing Empowering Beliefs

As you can already see, there are a lot of outside influences that impact how we feel, what we do, and most of all, what we believe. There are very common limiting belief systems that are passed from generation to generation and person to person much like a mind virus. These sneaky viruses usually go undetected because they are so common, or normal, in our society that one rarely even notices that they have been infected. For this reason, they are really easy to spread. The good news is there is an easy cure—awareness! Once you become aware of one of these buggers you can choose to believe something different, immediately killing the virus! Below, first become aware of which mind viruses you have and then question them. When we question a belief we often find evidence to the contrary, which weakens our acceptance of it. When we weaken a belief, it's like knocking out the legs of a table. It just can't stand anymore!

Common Limiting Beliefs: “Money is the root of all evil.” “Money doesn't grow on trees.” “Don't burn your bridges.” “No pain no gain.” “Life is hard.” “Good things come to those who wait.” “You have to pay your dues.”

Which of these phrases were you conditioned to believe?

Can you think of others?

Can you see any fears you developed because of them?

Can you see any way in which they have limited you?

Where did the idea come from? Are you sure it's true?

Who told you this? Are you sure they were right?

Do you have evidence that goes against these limiting beliefs?

Do you have evidence that affirms the empowering belief you WANT to have?

If you can't prove these limiting beliefs true beyond a reasonable doubt, can you discard them?