The Stories You Tell Yourself

A STEP-BY-STEP GUIDE TO IDENTIFYING AND CHALLENGING YOUR LIMITING BELIEFS TO CREATE A LIFE YOU LOVE!



Just because you believe something about yourself doesn't make it true.

Chandni Arora
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Creator of The Inner Recode Method™

Inner Calling COACHING

What is a Limiting Belief?

Limiting beliefs are thoughts and opinions that we perceive as truths about ourselves and our abilities. These beliefs can be formed through past experiences, societal expectations or influential people in our lives.

And the important word there is:

PERCEIVE.

Not fact. Perception.

Something happens. Someone says something. You see or experience something. You give it meaning. That meaning becomes a story. You repeat the story.

AND EVENTUALLY... THE STORY STARTS TO FEEL LIKE THE TRUTH.

You don't necessarily think: “I have a limiting belief.” You think: “That's just who I am.” “That's how life works.” “That's just the way it is.”

Throughout this guide, I'm going to take you through five steps to start identifying the stories you've been carrying and questioning whether they're actually true.

BEFORE YOU BEGIN...

Choose one area of your life where you feel restricted, stuck or dissatisfied. It could be your career, business, money, relationships, confidence, family or something you want for yourself.

The area of my life I want to focus on is:

_____

_____

You'll use this same area as you work through the next five steps.

STEP 1: RECOGNISE THE STORY

The first step is noticing what you're actually telling yourself.

Limiting beliefs can sound like:

- ☐ I'm not good enough.
- ☐ I have to work hard to deserve success.
- ☐ Money is hard to make.
- ☐ I'm bad with money.
- ☐ I have to keep everyone happy.
- ☐ Saying no makes me selfish.
- ☐ Choosing myself makes me a bad mum, partner or daughter.
- ☐ I shouldn't want more. I should be grateful.
- ☐ I've missed my chance.
- ☐ I'm not confident.
- ☐ I'm too much.
- ☐ I'm not enough.
- ☐ I need other people's approval.
- ☐ This is just who I am.

YOUR TURN

Think about the area you chose on the previous page.

What do you believe about yourself in this area?

_____

What do you repeatedly tell yourself?

_____

What do you believe you can or cannot have, do or become?

_____

THE STORY I KEEP TELLING MYSELF IS:

_____

That's the belief we're going to work with throughout this guide.

STEP 2: FIND WHERE THE STORY CAME FROM

You weren't born believing you're not good enough. You weren't born believing money is hard to make. You weren't born believing you have to keep everyone happy.

SOMEWHERE, THE STORY STARTED.

Maybe someone told you something. Maybe you watched how your parents lived. Maybe you experienced rejection, failure, embarrassment or disappointment.
Maybe you absorbed beliefs from your family, culture, school, workplace or relationships.
And perhaps you don't remember one specific event. That's okay. We're simply getting curious about what influenced the belief.

YOUR TURN

Where do I think I learned this belief?

_____

_____

Who or what may have influenced it?

_____

_____

What experiences reinforced it?

_____

_____

WHAT DID I MAKE THOSE EXPERIENCES MEAN ABOUT ME?

_____

_____

** NOTE FROM CHANDNI**

You have the power to reshape your beliefs and create a life that aligns with your true self. If you're ready to challenge and change your limiting beliefs, this guide will show you how.

Sometimes the event itself isn't what follows us. It's the story we created about ourselves because of it.

STEP 3 : QUESTION WHAT YOU BELIEVE

Now we're going to separate what you believe from what is actually true.

MY STORY:

_____

_____

_____

_____

_____

_____

NOW CHALLENGE IT.

Is this objectively true? ☐ Yes ☐ No ☐ I don't know

What evidence do I have that supports this belief?

_____

_____

What evidence contradicts it?

_____

_____

When have I behaved in a way that proves this belief isn't always true?

_____

_____

If someone I loved told me this exact story about herself, what would I say to her?

_____

_____

IS THIS A FACT... OR A STORY I'VE REPEATED SO MANY TIMES THAT IT FEELS LIKE A FACT?

STEP 4: SEE WHAT THE STORY IS COSTING YOU

This is where limiting beliefs become far more than thoughts.

THEY INFLUENCE HOW YOU LIVE.

If you believe you're not good enough, you make decisions from that belief. If you believe choosing yourself is selfish, you make decisions from that belief. If you believe you have to prove yourself, you make decisions from that belief.

If you believe you have to keep everyone happy... whose happiness gets sacrificed?

YOUR TURN

Because I believe this, I...

_____

_____

Which means I don't...

_____

_____

Opportunities I've missed because of this belief:

_____

_____

What this belief has cost me personally, professionally, financially or emotionally:

_____

_____

WHAT WILL THIS STORY COST ME OVER THE NEXT FIVE YEARS?

_____

_____

WHAT COULD BECOME POSSIBLE IF I STOPPED BELIEVING IT?

_____

_____

STEP 5: CHOOSE A DIFFERENT STORY

You don't need to replace your old belief with an affirmation you don't believe. This isn't about pretending.

It's about recognising: That was the story I carried. I can see where it came from. I can see how it has affected me. And I can question whether I want to keep living by it.

YOUR TURN

The old story I have been telling myself is:

_____

_____

I can now see that:

_____

_____

I no longer need to believe:

_____

_____

I CHOOSE TO BELIEVE:

_____

_____

Now imagine you genuinely believed that.

What would you do differently?

_____

What would you allow yourself to have, do or become?

_____

What's one decision you would make differently?

_____

Your old story may have shaped you.

IT DOESN'T HAVE TO KEEP DEFINING YOU.

You've Identified the Story. Now What?

Awareness matters. And sometimes knowing where a belief came from or recognising that it isn't true doesn't mean it immediately disappears.
Some beliefs have been repeated for decades. Some are connected to emotional experiences. Some were formed when you were very young. Some have become so familiar that they feel like part of who you are.

THIS IS WHERE DEEPER WORK CAN BEGIN.

Through The Inner Recode Method™, I work with ambitious women to identify and work through the beliefs, emotions, decisions and unconscious patterns influencing their lives.

We don't simply put a positive statement over an old story. WE WORK WITH WHAT'S UNDERNEATH IT.

ABOUT CHANDNI

I'm Chandni Arora, Founder of Inner Calling Coaching and Creator of The Inner Recode Method™.

I'm a Certified International Mindset Coach, Master NLP Practitioner and Coach, Master ECT Practitioner and Therapeutic Hypnosis Practitioner. Before becoming a coach, I spent 19 years in the corporate world, including 12 years in banking and insurance.

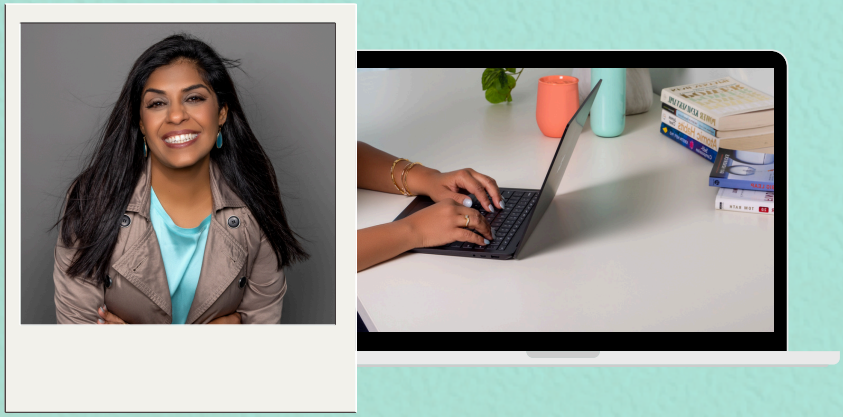
Today, I help ambitious women work through what's getting in the way of the life they actually want.



Ready to go Deeper?

Book Your:

FREE CONNECTION CALL



What if you could create a life you truly love, for yourself and for your family as well. Would that resonate with your new vision of self?

Imagine having a dedicated support and accountability partner guiding you on this journey. How would it feel to know that you're not alone in this transformation?

If this is something that aligns with where you see yourself going, wouldn't now be the perfect time to take the next step? Wouldn't it make sense to reach out and start today?

Being your support and accountability partner on this journey would be my pleasure - reach out today.

BOOK YOUR CALL HERE

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