

Breaking Barriers: A Guide to Identifying and Overcoming Limiting Beliefs



Hello.

We all have beliefs that shape the way we see ourselves and the world around us. Some beliefs empower us, giving us confidence and motivation. Others, however, hold us back—these are limiting beliefs. They whisper that we're not good enough, that we'll fail, or that success is for other people, not us.

The good news? These beliefs are not facts and they can be changed. This eBook will guide you through the process of identifying, challenging and rewriting these mental barriers so you can step into a more empowered, confident version of yourself.



If you're ready for deeper support - get in touch to start your journey.

with love

Jessica

Chapter 1: What Are Limiting Beliefs?

Definition:

Limiting beliefs are negative thoughts or assumptions that prevent us from taking action or reaching our full potential.

They often start with:

"I can't..."

"I'm not good enough..."

"It's too late to..."

"I'll never be able to..."

Common Types of Limiting Beliefs

1. **Self-doubt:** "I'm not smart enough to start a business."
2. **Fear of failure:** "If I try and fail, people will judge me."
3. **Unworthiness:** "I don't deserve success."
4. **Fear of success:** "If I achieve this, I won't be able to handle the pressure."
5. **Fixed mindset:** "I've always been this way; I can't change."



Reflection Exercise

Write down three beliefs that may be holding you back.

Chapter 2: Where Do They Come From?

Limited Beliefs don't appear out of nowhere - they're learned from past experiences, societal expectations and influential people in our lives.

Sources of Limited Beliefs

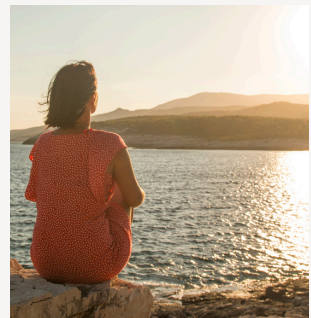
1. **Childhood Experiences:** The messages we receive from parents, teachers and peers
2. **Society and Culture:** Expectations around success, gender roles or financial status
3. **Past Failures:** Negative experiences that reinforce self-doubt
4. **Comparison:** Social media and societal pressure making us feel 'less than'

“ Whether you think you can, or think you can't - you're right. ”

~ Henry Ford

Reflection Exercise

Think about a limiting belief you have. Can you trace it back to an experience or a person who may have influenced it?



Chapter 3: Challenging and Reframing?

Step 1: Question the Belief

Ask yourself:

- Is this belief based on facts or assumptions?
- Have I ever seen evidence that contradicts this belief?
- What would I tell a friend who had this belief?

Step 2: Reframe the Belief

Instead of: "I'm not good enough to succeed,"

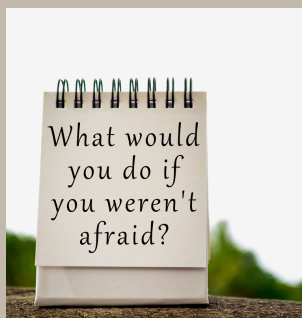
Try: "I am capable, and I can learn and grow."

Step 3: Take Action

Prove the new belief true by taking small steps.

Surround yourself with people who uplift and encourage you.

Use positive affirmations daily.



Affirmation Examples

- I am capable and worthy of success
- I choose to believe in my abilities
- Every challenge is a new opportunity to grow

Chapter 4: Taking Action and Building New Beliefs

Changing beliefs requires action. The more we reinforce new, empowering thoughts, the more they become part of our mindset.

The 3-Step Action Plan:

1. Identify one limiting belief to work on this week.
2. Reframe it into an empowering belief.
3. Take one small action to prove the new belief true.

“ Do the uncomfortable. Become comfortable with these acts. Prove to yourself that your limiting beliefs die a quick death if you will simply do what you feel uncomfortable doing. ”

~ Darren Rowse

Worksheet Activity

- Old Belief:
- New Belief:
- Action Step:



Conclusion: You Are Not Your Beliefs

Your beliefs are not set in stone. You have the power to change them, rewrite your story, and create a mindset that supports your growth. Every thought you choose to believe in shapes your reality. Choose wisely.



Ready to take the next step?

[Book a free
consultation call here](#)

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