

"You begin to fly when you let go of self-limiting beliefs and allow your mind and aspirations to rise to greater heights." --Brian Tracy

No Limits! DESTROYING Your Limiting Beliefs

OVERCOME WHAT IS HOLDING YOU BACK



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INTRODUCTION:

What's Holding You Back?

Welcome to the course on limiting beliefs! This course has the potential to change your life in so many ways. By the end, you will be a completely different person.

Limiting beliefs are conscious or subconscious beliefs that hold you back in some way. They are ideas that limit you. Thoughts that keep you from reaching your full potential.

These beliefs are often burned deeply into us and they restrict us from blooming into who we were truly meant to be.

All of us have limiting beliefs. Sometimes these beliefs originate in our childhood, instilled into us by our parents or friends. Other times these beliefs are the result of trauma we experience. Sometimes there is no obvious explanation for where these beliefs come from.

Whatever the case, **these beliefs are damaging to us.** They keep us from achieving our hopes, dreams, and goals. They make us fearful and hesitant. They stop us from taking action. They even affect our relationships with others.

If we wish to achieve our true potential, we must destroy the limiting beliefs that are holding us back.

We must be set free from the lies and falsehoods that we believe, both about ourselves and about the world. We must learn to see things as they truly are rather than as we think they are.

Brian Tracy said, “You begin to fly when you let go of self-limiting beliefs and allow your mind and aspirations to rise to greater heights.”

If we truly want to fly in life, to rise to our true potential, to fly to great heights, then we must leave behind the limiting beliefs that hold us back.

In this course, you’ll discover 14 common destructive limiting beliefs that keep us from achieving all that we want to achieve.

We’ll talk about common ideas around that limiting belief, how to rewrite the limiting belief into one that empowers you, specific action steps to take, and affirmations that will help destroy the limiting belief and instill your new, empowering belief.

Each of these lessons contains important action tips to help you learn and use these valuable strategies. Be sure to go through all the lessons with an open mind and try out the techniques. Remember, nothing happens until you take action.

Ready?

Let's dive in.

LIMITING BELIEF #1:

I Don't Have Enough Time

If you're like most people, you're extremely busy. You've got projects to work on, things to do around the house, people to spend time with, administrative tasks like paying bills, and a thousand emails to answer.

You're so busy that you feel like you don't have enough time to do the things that really matter to you. To focus on your dreams. To really achieve your goals.

You feel like you're running in a thousand different directions without really making much progress on anything.

Put simply, you feel like there isn't enough time in the day and week to do what really matters. You think to yourself, "*If only I had more time, then I could do things I really wanted. If I had more hours in the day, I could get more things done.*"

And when you look around, you see that all your friends and coworkers are really busy as well. So, you simply accept extreme busyness as the norm.

Your limiting belief is that there isn't enough time in the day to get things done.

But does this have to be the norm? It doesn't.

REWRITING THE LIMITING BELIEF

Let's transform the *limiting* belief that there isn't enough time into an *empowering* belief.

LIMITING BELIEF:

- "I don't have enough time."

EMPOWERING BELIEFS:

- “I have time for my most important tasks.”
- “My schedule gives me freedom from time pressure.”
- “I refuse to let time rule my life.”
- “I get things done without worrying about time.”
- “I am productive and make the best out of the time I have been given.”

The best way to make these newfound empowering beliefs work for you is to **work on the thing that matters to you most FIRST thing in the day.**

By making quick progress on the tasks that matter most, you'll feel more productive. You'll slash the limiting belief.

This principle is often called “Slaying your dragons.”

In other words, you “slay” your most important task, your “dragon,” first thing in the morning. Before you get started on the thousand other tasks that vie for your attention, give your full focus to the one thing that matters the most to you. To the thing that will move you forward the most.

By doing your most important thing first, you rewrite your limiting belief that there is not enough time in the day to work on what matters. **Your new belief becomes: “There is plenty of time to do what matters because I work on what matters first.”**

ACTION STEPS

- Write down all the tasks you need to perform in a given day.
- Organize those tasks by importance.
- Determine your *most* important task for the day.
- Give all your attention to working on that task until it's done.
- Repeat this process each day.

AFFIRMATION

There is more than enough time in each day for me to accomplish the tasks that matter most. I am dedicated to and focused on getting the most important things done each day.

I refuse to be easily distracted. Rather, I slay my dragons first thing each morning. I do less important things later, after I finish the task that matters most.

I am passionate about getting things done that are important to me.

LOOKING FORWARD

In the next lesson, you'll learn that you're never too old to start a new project or begin working toward a new goal. Yes, you can teach an old dog new tricks, and the next lesson shows you how.

LIMITING BELIEF #2:

I'm Too Old To Start Something New

In the last lesson, you learned how to be more productive. In this lesson, you can carry your new techniques with you as you see how age doesn't limit you either.

With this limiting belief, you believe that in order to be successful, you need to start young. That the only way to truly achieve great things is to get started at a young age and work and work until you finally achieve greatness at an older age. That you're too old to start new things, reset your career, start a new hobby, or strive after new goals.

Your limiting belief is that you can't teach an old dog new tricks.

You feel like if you tried to start something new at this point in your life, you would fail. Maybe you want to write a book. Maybe you want to take up skiing. Maybe you want to completely change your career. Maybe you want to run a marathon.

But as you consider these things, you think to yourself, *“Only young people do these things. I’m simply too old to get started on something this big.”*

But this limiting belief simply isn’t true. It needs to be rewritten.

REWRITING THE LIMITING BELIEF

Now let’s rewrite this limiting belief into an empowering belief.

LIMITING BELIEF:

- “I’m too old to accomplish anything new.”

EMPOWERING BELIEFS:

- “My age gives me wisdom.”

- “I have more experience than those who are younger.”
- “I can avoid mistakes that younger people make.”
- “My experience will allow me to get going faster.”
- “I’m never too old to start something new.”

There are thousands of people who have achieved huge amounts of success later in life.

Joy Behar, former host of *The View*, didn’t start her career in show business until she was 40. Vera Wang didn’t start designing clothing until she was 40. Harland Sanders, the founder of Kentucky Fried Chicken, was broke until he finally found success at age 65. Charles Darwin published his most famous book, *The Origin of Species*, at age 50.

If they can do it, surely you can too. In order to rewrite your limiting belief, you need to realize that being older gives you more wisdom. You have more to offer, a broader skill set, and more experience. **This actually gives you a distinct advantage over those who are younger.**

Younger people are prone to make more mistakes because they don’t have the experience that you have. This keeps them from achieving success as quickly as

they might. Because you have so much experience and wisdom, you are able to achieve success more quickly because you can avoid mistakes.

Your new belief is: “I can start something new at any age. I have the experience and wisdom to achieve anything I want, regardless of my age.”

ACTION STEPS

- Write down all the things you want to achieve.
- Write down the distinct advantages you have because you're older. Include your experiences and the lessons you've learned through those experiences.
- Think back on all the things you've already achieved in your life and let these encourage you as you attempt new things.
- Affirm each day that you are enough and that you can achieve whatever you set your mind to.
- Read inspirational stories of others who have achieved great things at an older age.

AFFIRMATION

I can start something new at any age. In fact, my age gives me a distinct advantage over those who are younger. I relish the experience and wisdom that age has provided me.

I am confident that I can achieve whatever I put my mind to. I refuse to believe the lie that my age limits me.

As I look back on my life, I see all the things I've already achieved, and this gives me great confidence that I can achieve new things as well.

LOOKING FORWARD

Now that you see how to keep time and age from stopping you, you'll be excited to discover in the next lesson how failures actually bring you closer to your goals!

LIMITING BELIEF #3:

Past Failure Means Future Failure

In previous lessons, you discovered how time and age don't have to limit you at all! Another belief that limits many people is, "Once a failure, always a failure." Let's put that belief out of its misery right now.

If you've ever tried and failed at something in the past, it's easy to assume that your past failure means that you'll fail again in the future. That past outcomes guarantee future outcomes. That you're always doomed to fail at whatever you attempt.

You may be tempted to think, "*I always fail at this so why should this time be any different? I'm just a failure overall.*"

Your limiting belief is that your past failure means future failure. You assume that the past governs the future. That if something didn't work in previous attempts, it won't work in the future.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief into empowering beliefs.

LIMITING BELIEF:

- "Past failure means future failure."

EMPOWERING BELIEFS:

- "My past failures have no bearing on my future."
- "Past failures help me avoid future mistakes."
- "I've simply discovered a way that doesn't work."
- "Each failure brings me one step closer to success."

The simple truth is that your past failures do not have any bearing on your current endeavors. Just because you've failed in the past doesn't mean that you'll fail in the future.

In fact, failure in the past is actually an advantage!

You've discovered one way that doesn't work, which means you can avoid that way moving forward.

Thomas Edison struggled for years to figure out how to invent a functioning lightbulb. When asked how he kept going in spite of so much "failure," he said, **"I have not failed. I've just found 10,000 ways that won't work."**

It's important to adopt a similar belief. You haven't failed in the past. You've simply discovered one particular way that doesn't work. This has gotten you one step closer to your success.

Or consider the wise words of Winston Churchill:

"Success consists of going from failure to failure without loss of enthusiasm."

If you want to succeed, it's crucial to understand that failure in the past doesn't have any bearing on your future. Every "failure" brings you one step closer to the success you desire.

ACTION STEPS

- Write down the ways you think you have “failed” in the past.
- Determine how each failure has actually brought you closer to success.
- Resolve that you will not let past failures keep you from pursuing what really matters to you.

AFFIRMATION

I avoid thinking that my past failures could ever cause me to fail now or in the future. I affirm that each past failure has actually brought me one step closer to success. I am closer to success now than I ever have been in the past.

I refuse to let my past failures keep me from pursuing what really matters to me.

I am committed to my success, regardless of the past.

LOOKING FORWARD

In the next lesson, you’ll discover how you can learn from your past and look forward to a bright future.

LIMITING BELIEF #4:

My Past Will Always Negatively Influence My Future

In the last lesson, you discovered how your failures don't keep you from succeeding now. In fact, failures bring you closer to success! This lesson is tied closely to the same concept – that what happened in your past doesn't predict your future.

If you think that your past does predict your future, this limiting belief is particularly pernicious. It's the assumption that past events will influence future events in a negative way. That your past actions hold too much sway over your future actions.

Maybe you've made mistakes in the past and you're convinced that they're going to keep you from achieving the success you desire. Maybe you've tried things in the past that simply haven't worked. Maybe you don't have a good track record in a particular area.

Your limiting belief is that your past holds sway over your future.

You believe that your past actions restrict your future options, or that your past efforts will hamper your future efforts.

And so, you don't feel like you can try anything new. You feel like your past is holding you back. Keeping you from your true potential. Standing in the way of your success.

REWRITING THE LIMITING BELIEF

Let's rewrite the limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- "My past will always keep me from creating a bright future."

EMPOWERING BELIEFS:

- “My past can’t determine what I achieve in the future.”
- “My past is one of my greatest assets.”
- “Lessons from the past make me wiser.”
- “I can avoid mistakes in the future by looking to the past.”
- “I can learn from my past and adapt and change.”

In order to rewrite this limiting belief, it’s crucial to understand that your past actions have no bearing on your future. This is not to say that the past doesn’t matter. **But your past cannot determine what you do or don’t achieve in the future.**

Failure in the past doesn’t automatically mean failure in the future. Struggle in the past doesn’t automatically mean struggle in the future.

In fact, your past is one of your greatest assets. As you learn lessons from the past, it makes you that much wiser. You have more knowledge, skills, and experience. You can avoid the mistakes of the past and succeed that much faster in the future.

In some ways, it is true that the past influences the future, but it can always influence the future in good ways! Your past allows you to adapt, change, and become more effective at what you do.

ACTION STEPS

- Identify any areas of your past that you feel will negatively influence your future.
- Ask yourself, “How will these elements of my past actually *help* me as I move forward into the future?”
- Write down every advantage that your past gives you.

AFFIRMATION

I affirm that my past fails to determine my future. In fact, it gives me great advantages. I alone determine my future.

I adapt, change, and evolve in positive ways because of my past. I am becoming a wiser person because of my past and I know that the future holds many good things for me.

I can achieve great things because I am wiser and more skilled than in the past. My past has taught me valuable lessons. I am grateful for these lessons and ready to move on toward the bright future that awaits me.

LOOKING FORWARD

In the next lesson, you'll be happy to learn that you have everything you need to achieve your biggest dreams and goals!

LIMITING BELIEF #5:

My Resources Are Limited

In the last lesson, you conquered the limiting belief that your past controls your future. This lesson steps even farther out of your past and looks at your current circumstances. Do you feel like your resources are limited?

If so, this mentality assumes that there are only a limited number of resources and options in the world.

It operates out of what is called a “scarcity” mentality, which is the belief that there are only so many resources in the world and that most of these resources have been taken by others.

This leads you to assume that there aren’t enough resources for you to do what you want to do.

You think to yourself, *“I don’t have enough [time, money, connections, etc.] to achieve what I want to achieve.”*

Because you assume that you don’t have enough resources and options, you fail to take action. Instead of moving forward, you spin your wheels. You think that in order to take action, you need to have more options at your disposal, such as more time, money, or help from others.

REWRITING THE LIMITING BELIEF

Now let’s rewrite the limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- “I don’t have enough resources.”

EMPOWERING BELIEFS:

- “The universe is full of abundant resources.”
- “There is more than enough to go around.”
- “I can get whatever I need to accomplish my

wildest dreams.”

- “The universe has my back.”
- “I create more of what I focus on.”

The reality is that we live in an abundant universe that has more than enough for everyone. There is no limit to the resources available if you simply start looking for them and opening yourself to receive them.

This mindset is called an “abundance” mindset.

Instead of believing that there are very few resources available, you believe that there is more than enough to go around. You can get whatever you need to accomplish your dreams. Instead of dreaming small and limited dreams, you dream big because you know that all that you need is available.

Your new belief is that the universe has everything you need in order to achieve your biggest dreams and goals.

You simply need to be open to all that the universe has to offer you. Focus on the abundance that you want to receive. After all, we create more of what we focus on.

If you want to receive more from the universe, focus on what you want to receive and believe that you'll get it. **Faith is the key.** You must believe that the universe has your back.

ACTION STEPS

- Daily repeat the affirmation, "The universe has my back and gives me everything I need to achieve my goals and dreams."
- Make a list of all the specific things you need to receive in order achieve your biggest hopes and dreams.
- Instead of focusing on what you don't have, fix all your attention on what you want to receive. You create more of what you focus on.

AFFIRMATION

The universe is abundant and has my back in every way. I believe there is more than enough for me and that resources are plentiful.

Everything I need to achieve my goals comes my way when I need them, and I gratefully and wholeheartedly open myself up to receive them.

I dream big, abundant dreams, knowing that big, abundant things are coming my way. With eager expectation, I look forward to the future, knowing that it is good and exciting.

LOOKING FORWARD

Since resources aren't an issue, you may wonder if you're now expected to make big strides toward your goals. Luckily, success doesn't depend on big wins. You'll discover in the next lesson how small successes add up to big progress.

LIMITING BELIEF #6:

Lack Of Major Progress Means Failure

In the last lesson, you learned that all the resources you need to reach your goals are available to you. Today, you'll discover that you don't need big wins to reach your goals – small successes get you there as well.

Oh, how easy it is to criticize yourself for a lack of major progress on your goals. You feel that if you're not making significant progress every single day, then you're a failure. Maybe you have a list of goals that you want to achieve and that list haunts you. It's a reminder of all that you haven't achieved.

Each day you feel like a failure. You feel like truly productive people make leaps and bounds of progress on a consistent basis.

Your limiting belief is that lack of major progress on your goals means that you're a failure.

You constantly criticize and berate yourself for not achieving more. For not being more successful. For not accomplishing more – faster. There are times when you're really frustrated with yourself and feel like giving up altogether.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- “Lack of major progress means failure.”

EMPOWERING BELIEFS:

- “Small progress equals a big win.”
- “Small successes add up to big progress over time.”
- “I celebrate my victories no matter what size they are.”

- “Consistency is what matters most.”

In order to rewrite this belief, you must understand that even the smallest progress on your goals is a big win. **Small bits of progress on a consistent basis add up over time to big successes.** You may not be making huge amounts of progress on a daily basis, *and that’s OKAY.*

Your new belief becomes: “Any progress is a win.”

Did you take one small step toward your goal? That’s a win! Even if you only do one thing per day or per week toward your goals, that’s progress and should be celebrated.

Avoid judging your success by whether you’re making big jumps forward. Judge your success by your consistency.

And if you’re having trouble being consistent with your goals, that’s okay. Go back to the action steps for limiting belief number one. Focus on your most important task first thing each day and seek to just make a small amount of progress on your task.

ACTION STEPS

- Break down your big goals into very small, manageable pieces.
- Each day seek to get one small element of your goal done.
- Instead of evaluating how much progress you're making on your goals, trust the process of doing one small thing every single day.

AFFIRMATION

I affirm that I AM making progress on my goals, even if that progress may seem small and relatively insignificant.

I choose to celebrate my small wins, knowing that each small win brings me one step closer to my overall goal.

I refuse to criticize myself for what I perceive to be a lack of progress. Instead, I focus all my attention on the small steps forward I am taking because each small step forward is a victory.

LOOKING FORWARD

The next lesson tackles a trap that many of us fall into – comparing yourself to others. You'll see how this habit robs you of joy while destroying your confidence. Luckily, you'll discover tools to help you break out of this need and realize how valuable you really are.

LIMITING BELIEF #7:

I Compare Myself To Others

Previously, you looked at how criticizing yourself for your lack of great progress could make you feel like giving up altogether.

Today, you'll discover how comparing yourself to others can make you feel the same way. Of course, we'll give you the tools to crush this limiting belief. Let's see how...

It's incredibly easy and common to compare yourself to others. You look at the success someone else is having and then compare that to your own levels of success. You compare your accomplishments to the accomplishments of others. You judge yourself by what others are achieving.

If someone else seems to be accomplishing more than you, it makes you feel like a failure.

You feel like you should be accomplishing at least as much, if not more, than others. And so, you feel terrible about yourself. As if you don't have much to offer the world. Even like a loser, of sorts.

Theodore Roosevelt famously said, **“Comparison is the thief of joy.”** So, when you compare yourself to others, you allow their achievements to determine how much joy you experience.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- “I compare myself to others.”

EMPOWERING BELIEFS:

- “The achievements of others don't determine my value.”
- “I am valuable simply because of who I am.”
- “I refuse to compare myself to others.”

- “What matters most is what I achieve, not what others achieve.”
- “I am more than my accomplishments.”

In order for you to rewrite this limiting belief in your mind, it's essential to understand that the achievements of others simply don't matter for you.

It's not that they aren't important. But they don't determine your worth, success, or value.

You are valuable simply because of who you are. **You are inherently valuable and worthy.** Your successes should be celebrated, not compared to the successes of others.

It doesn't matter how much someone else succeeds. What matters is what you achieve.

Your new belief is, “I am worthy, and I refuse to compare myself to others. Whether I achieve ‘a lot’ or ‘a little,’ I am still valuable and worthy.”

In our performance-driven culture, it's easy to believe that we're nothing more than our accomplishments. But nothing could be further from the truth. Our value simply comes from who we are as people.

Yes, it's important to be productive and seek to accomplish our goals. But if we're constantly comparing ourselves to others, we'll never be happy. As Theodore Roosevelt said, our joy will be stolen by comparing ourselves to others.

ACTION STEPS

- Regularly remind yourself that your value is not tied to your achievements.
- Daily affirm that you are enough and that you are worthy.
- Refuse to compare yourself to others.

AFFIRMATION

I refuse to believe that my value is tied to my achievements. I know that I am valuable and worthy simply because of who I am.

Whether I achieve "a lot" or "a little," I know that I am still enough, and I refuse to compare myself to others. The achievements of others have no bearing on my value.

I celebrate my successes without worrying about the accomplishments of others.

I. Am. Enough.

LOOKING FORWARD

In the next lesson, you'll discover why you WANT to take responsibility for your own circumstances.

LIMITING BELIEF #8:

I Am Not Responsible For My Current Situation

Congratulations! You've made it half-way through the course! You've tackled some major limiting beliefs and may already be seeing light at the end of the tunnel.

Today, we'll analyze how harmful it is when you think that you're just a victim of circumstances. This belief severely limits you. Let's see how...

It's easy to play the blame game. To believe that someone else is responsible for the situation you find yourself currently in. To assume that your circumstances are the products of other people's actions.

When you don't hold yourself responsible for your current circumstances, it allows you to stay stuck in those circumstances. After all, if you didn't create the circumstances, surely you can't be responsible for changing them.

And so, you don't make any forward progress. You think things like, *"I can't believe that they put me in this position. This is not my fault. I am not responsible for where I currently am."*

Your limiting belief is that you are not responsible for where you currently are in life.

This limiting belief allows you to play the victim.

When something goes wrong, you can simply blame it on others and the circumstances they've put you in. You refuse to take ownership of your situation.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- "I'm not responsible for where I am in life."

EMPOWERING BELIEFS:

- “I am 100% responsible for my life.”
- “I take ownership of all my circumstances.”
- “I refuse to play the victim game.”
- “I can create whatever circumstances I want.”
- “I am in complete charge of my life and determine what it looks like.”

If you're going to make forward progress in life, it's absolutely essential that you take 100% responsibility for the circumstances in which you find yourself. Yes, other people play a role in your life, but ultimately, you are responsible for what you accept and what you refuse.

If you find yourself in a particular set of circumstances, it's because you've accepted them. You've decided that you were okay with those circumstances and haven't made any significant efforts to change them.

Your new belief is: “I am 100% responsible for every area of my life.”

This is actually an incredibly freeing belief. **Once you realize that you created your current circumstances, you can then go about changing them.**

You can take the actions necessary to change your life in incredible, amazing ways. You don't have to stay stuck. You don't have to play the victim. You are in charge of your life, and you can shape your life to be however you want it to be.

ACTION STEPS

- Write down any circumstances you are unhappy about.
- Take 100% ownership of those circumstances, even if others played a part in creating them.
- Identify specific action steps you must take to change your circumstances.
- Daily affirm that you are completely in control of your life and that you are 100% responsible for all the outcomes.

AFFIRMATION

I am the captain of my fate. I am responsible for everything positive and negative that comes into my life.

*I take 100% ownership for the current state of my life.
I do what is necessary to create the life I desire.*

*I refuse to play the victim of circumstances beyond
my control or feel that I am at the mercy of others.
Instead, I take action. This is my life and I can build it
how I please.*

LOOKING FORWARD

Perhaps success has eluded you because you feel that you aren't worthy of success. This belief could very well be working on a subconscious level, keeping you from ever reaching your goals. Discover how to overcome this belief in the next lesson.

LIMITING BELIEF #9:

I Don't Deserve Success

In the last lesson, you learned how taking responsibility for your circumstances actually provides you a way out of them. But what if – even if you do take responsibility – you never seem to achieve your goals? In this lesson, you'll discover a possible cause and learn how to overcome it.

With this limiting belief, regardless of how much progress you make, you always fall short.

It could be that deep down, for whatever reason, you don't believe that you deserve success. You feel that you're not good enough, smart enough, or lovable enough to be worthy of success.

This is a very devious, insidious limiting belief.

You believe that others are worthy of success, but when you look at your own life, you refuse to believe that you should experience it.

This can lead you to self-sabotage. When you start to get close to success, you begin to do things that limit you. Maybe you're even afraid of succeeding, and so the closer you get to success, the more scared you get.

Your limiting belief is that you are unworthy of success.

This seriously limits the progress you can make. After all, you can't achieve big things if you don't think that you deserve them. You won't have the motivation to keep going if you feel unworthy of success.

You absolutely must rewrite this belief.

REWRITING THE BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- "I am unworthy of success."

EMPOWERING BELIEFS:

- “I am inherently worthy of success.”
- “I am valuable simply because of who I am.”
- “I deserve success and all the benefits that come with it.”

Ask yourself this question: **Who is worthy of success?**

The answer is EVERYONE, including you. There is no reason that you shouldn't experience success.

Remember, **you are worthy and valuable simply because of who you are.** You don't have to do anything to make yourself worthy of success. You are worthy of succeeding simply because you are you.

Your new belief becomes, “I am worthy of all the success in the world.”

No matter what anyone has told you, you deserve success and all the benefits that come with it. You deserve to achieve big things and make your dreams come true. If you work hard, you are worthy of the reward that you receive in return.

ACTION STEPS

- Write down every reason you think that you are *not* worthy of success.
- Cross out all those reasons.
- Replace that list with a list of reasons you truly are worthy of success.
- Review that list on a daily basis.

AFFIRMATION

I affirm that I am worthy of all the success in the world.

Regardless of what anyone has said to me, regardless of what I have thought in the past, I choose now to believe that I am worthy of success.

I believe that I deserve to achieve all my biggest dreams and accomplish my most worthy goals. I refuse to think small, unworthy thoughts about myself. Instead, I embrace my greatness, knowing that I am worthy simply because of who I am.

LOOKING FORWARD

Do you worry about what others think about you? Are you afraid to pursue your goals because of what someone else thinks about it? In the next lesson, you'll discover how your own opinion of yourself is the only one that matters.

LIMITING BELIEF #10:

I Worry About What Others Think About Me

In the last lesson, you learned how to instill the positive belief that you're worthy of success.

Do you still doubt? Do you wonder what others think about you? Today, we'll look at this limiting belief.

This is one of the most common limiting beliefs that people struggle with. You worry, and even obsess over, what others think about you.

You worry that if you're too successful, people will think you're stuck up. You worry that if you're not successful enough, people will look down on you.

If you stand up for yourself, you worry that people will think you're too assertive. If you try to be a peacemaker, you worry that you'll come across as a doormat.

Worrying about what others think of you can be incredibly consuming. **It can sap your time, energy, and joy.** It keeps you from being productive and often causes you to second guess yourself.

Your limiting belief is that if you do (or don't do) certain actions, others will think less of you.

If this limiting belief is not kept in check, it can become an obsession. It can keep you from pursuing your dreams and cause you to constantly be afraid of what others are thinking.

The fear of what others think can be like a great weight hanging around your neck, dragging you down, keeping you from making forward progress.

REWRITING YOUR LIMITING BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- “I worry about what others will think about me.”

EMPOWERING BELIEFS:

- “What others think of me doesn’t matter.”
- “What truly matters is what I think of myself.”
- “My opinion of myself is the one that counts.”
- “I am secure in who I am.”
- “I avoid striving to make everyone happy.”

The key to rewriting this limiting belief is to realize that what others think of you simply doesn’t matter.
In the long scheme of things, does it matter if others think more or less of you? No, it doesn’t.

What truly matters is what you think of yourself.

Your opinion of yourself is the one that counts the most. And as we’ve said before, you are worthy and valuable. That’s the opinion you should have of

yourself. Don't let the opinions of others drag you down. Their opinions hold no weight compared to your own opinion of yourself.

Your new belief is that the opinions of others don't affect you one way or the other.

You are free from caring what others think of you. You are secure in yourself, knowing that you are valuable and worthy. You no longer strive to make everyone happy. Rather, you focus on making yourself happy and ensuring that you're pursuing your dreams and goals.

ACTION STEPS

- Regularly look in the mirror and say to yourself, "I don't have to make everyone else happy. My opinion of myself is all that matters."
- Create a list that says, "People I Must Please" at the top. Leave the list blank as a statement that you're done with worrying about what others think about you.

AFFIRMATION

I refuse to play the people-pleasing game. I affirm that the opinions of others fail to have any sway over me. My opinion of myself is all that matters.

I strive to achieve my dreams and accomplish my goals without worrying what others think about me.

I choose to believe the best about myself at all times. I avoid letting the opinions of others drag me down or pull me off course.

LOOKING FORWARD

Now that you've learned to ignore what others think, let's look at how you treat yourself. You act kindly toward others – how kind are you to yourself? In the next lesson, you'll learn how such kindness can help you reach your goals faster and easier.

LIMITING BELIEF #11:

I Don't Give Myself The Love, Compassion, and Understanding I Give To Others

In the last lesson, you learned that your opinion of yourself is the only one that matters. In this lesson, you'll see that how you treat yourself matters, too.

You are a compassionate, kind, and loving person. When someone makes a mistake, you are gracious toward them, understanding that everyone makes mistakes.

You are patient with others, giving them time to learn and change. If someone struggles with a particular task or doesn't make as much progress on a task as expected, you give them grace.

But you don't treat yourself in the same way.

For some reason, you don't believe that you deserve the same love, compassion, grace, and understanding that you give to others.

Maybe you were told from a young age that you needed to be perfect. Maybe you've somehow unconsciously adopted the idea that you shouldn't make the same mistakes that others make.

Whatever the case, you are really hard on yourself.

Your limiting belief is that you should be perfect, and if you're not perfect you feel like you need to punish yourself.

When you make a mistake, you endlessly berate yourself, feeling like you shouldn't have made it. You're not compassionate and gracious toward yourself. You don't love yourself very much. You hold yourself to an impossible standard.

This limiting belief makes you feel like you're never enough. Like you're never worthy, never acceptable, never doing enough things. It's a very unhappy limiting belief.

REWRITING THE LIMITING BELIEF

Now let's rewrite the limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- “I don’t give myself the love, compassion, and understanding I give to others.”

EMPOWERING BELIEF:

- “I’m human and it’s okay to make mistakes.”
- “I deserve the same grace, compassion, and understanding that I give to others.”
- “I am patient and loving toward myself.”
- “I treat myself the same way that I treat others.”

It’s really important to rewrite this limiting belief. If you don’t, you’ll always be unhappy, miserable, and feel like you’re never doing enough.

Please understand that, just like everyone else, you are human. You make mistakes, and that’s okay. You have off days, and that’s not a problem. There are times when you’re not as productive or don’t get as much done, and there’s nothing wrong with that.

In other words, you’re not perfect (and you’re not supposed to be).

Your new belief is that you deserve the same grace, compassion, love, and patience that you extend to others.

You are patient with others. Be patient with yourself.
You are loving toward others. Be loving toward yourself. You have compassion and mercy for others, so have compassion and mercy for yourself.

Simply put, avoid being so hard on yourself! You're human, and humans aren't perfect. You deserve kind treatment from yourself.

ACTION STEPS

- The next time you're being hard on yourself, ask yourself this question: *"How would I treat someone else who is in my shoes?"*
- Extend that same loving, gracious treatment toward yourself. Apply the Golden Rule to yourself. Get into a habit of treating yourself just like anybody else.

AFFIRMATION

I am human, just like everyone else. It is okay for me to struggle and make mistakes. When that happens, I deserve the same compassion and grace that I give to others.

I refuse to hold myself to a standard that I avoid holding others to. I love myself, even when things turn out imperfectly.

I treat myself as I treat others - with love, compassion, and patience.

LOOKING FORWARD

Do you feel that asking for help makes you look weak? In the next lesson, you'll discover that it's actually a strength. Learn the benefits of working with others and how to make this a belief that helps – not hinders – you.

LIMITING BELIEF #12:

I Can Do Everything Myself

In the last lesson, you learned how treating yourself with kindness helps you reach your goals. Today, you'll discover how letting others help you can benefit you in many ways.

In our culture, it's extremely easy to feel like you need to do everything yourself. To feel like you can't ask for help. To feel like asking for help is a sign of weakness. And if you're especially competent, maybe you can do many things without the help of others.

And so, you never ask for assistance. You try to do everything on your own, thinking that if you can get by without the help of others, that it's a sign of strength.

But in reality, not being able to ask for help is a sign of weakness. The truth is that none of us can do everything on our own. We all have limitations, blind spots, and areas of weakness. None of us are perfect or able to accomplish all things on our own.

Your limiting belief is that you can do everything yourself without any help.

We inherently need other people, and your inability to ask for help actually keeps you from accomplishing as much as you could. **If you teamed up with others, your combined strengths would allow you to achieve far more than you could on your own.**

REWRITING YOUR LIMITING BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- "I can do everything without help."

EMPOWERING BELIEFS:

- “I can benefit from the help and assistance of others.”
- “Others have strengths and talents that I don’t have.”
- “I can better reach my full potential with the help of others.”
- “I can’t do everything by myself.”

In order to rewrite this limiting belief, you must come to terms with the fact that you simply can’t do *everything*.

Yes, you may be able to accomplish a lot. But the simple truth is that others have strengths and gifts that you don’t have, and you can tap into those strengths and gifts. You need to utilize the abilities of others.

The more you tap into the strengths of others, the more you’ll be able to get done and the closer you’ll come to actually achieving your goals, hopes, and dreams. If you try to do everything alone, you simply won’t get as far.

Your new belief is that you need the help of others in order to reach your true potential.

Don't try to be a Lone Ranger. You have so much potential, but you need others to help you fully realize it. Ask for help. Utilize the gifts and talents that others have. You'll make so much more progress than if you try to do everything by yourself.

ACTION STEPS

- Write down the names of five people whom you work closely with.
- For each person, write down their unique strengths.
- Seek out at least one person on your list to help you with a current project or task.

AFFIRMATION

Although I am skilled, talented, and capable, I affirm that I need the help and assistance of others. They supplement my talents so that, together, we can excel at any task and even get the job done quicker than I could on my own.

I seek out others to help me at each step of my journey. I avoid trying to do everything myself. Rather, I depend on other people to help me reach my full potential.

LOOKING FORWARD

Do you sometimes feel that you got the short end of the stick when they handed out intelligence? Is it hard for you to learn new things? This belief limits you. In the next lesson, you'll see how to turn that belief into this belief instead: "I have an incredible ability to learn."

LIMITING BELIEF #13:

I'm Not Smart Enough

In the last lesson, you learned how to let others help you reach your goals faster and easier. But even with the help of others, you could be severely limiting yourself if you think that you're not smart enough.

This limiting belief has the potential to keep you from trying many new things. You feel like you're not smart enough to achieve a particular task or goal. Like you don't have the necessary intelligence to accomplish what you truly want to accomplish. Like you're lacking the needed knowledge to get something done.

Maybe this belief was instilled in you from a young age by an unkind adult. Maybe you struggled with particular tasks in school which made you assume that you just weren't a smart person. Or maybe you heard your parents say this about themselves.

Your limiting belief is that you aren't smart enough to do what you really want to do.

This belief can keep you from even trying to do new things. You can feel so intimidated at the thought of trying to learn something new that you won't even start. You feel like your supposed lack of knowledge is a handicap and that if you were only smarter you could do what you wanted.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- "I'm not smart enough."

EMPOWERING BELIEF:

- "I've accomplished so much already in my life."
- "If I wasn't smart, I wouldn't have gotten this far in life."
- "I have an incredible ability to learn."

- “I can do anything I set my mind to.”

This limiting belief is false on so many levels. **First and foremost, you truly are much smarter than you realize.**

Think of all you’ve already accomplished in your life. If you weren’t smart, you wouldn’t have been able to achieve all that you have. Your past successes prove that you’re smarter than you think you are.

Second, you have an incredible ability to learn.

Consider all the things you’ve learned to do over the course of your life. Your brain is a sponge, and you’re able to learn almost anything you set your mind to. Even if you don’t have the knowledge to accomplish a particular task, that doesn’t mean you can’t learn it.

Your new belief is that you are incredibly smart and are able to learn anything you set your mind to.

This changes the way you approach new tasks. Instead of fearing having to learn things, you eagerly anticipate the challenge. Instead of doubting yourself, you’re confident in your ability to tackle any task. You know that you’re very smart and that no task is too complicated for you to learn.

ACTION STEPS

- Make a big list of things that you've accomplished in your life. Include little things, such as learning to ride a bike, and bigger things, such as learning your current job.
- Any time you're tempted to doubt your intelligence, go back to that list to remind yourself of how smart you really are and that you have the ability to learn anything you set your mind to.

AFFIRMATION

I am highly intelligent and accomplished. I have already achieved many things in my life, which proves my intelligence.

Whenever I need a clearer understanding of something, I am able to quickly learn it, grasping all the nuances of the subject.

I refuse to doubt my intelligence. I know that I am smart enough. I embrace the fact that I am naturally smart and able to accomplish anything I set my mind to.

LOOKING FORWARD

Now that you've conquered many beliefs that limit you, it's time to get started moving toward your goals with excitement and confidence. But wait – what if a limiting belief keeps you from getting started in the first place? No worries! We'll get you moving in the next lesson.

LIMITING BELIEF #14:

I'm Not Ready To Start

Previously, you've worked hard at overcoming limiting beliefs that have the power to stop you. However, what if a belief is keeping you from getting started in the first place? Discover how to get moving in this lesson.

You have something big and exciting that you want to do...but you don't feel like you're ready to launch. You don't feel like you have enough of the pieces in place in order to effectively get started. And so, you wait. And wait. And wait.

You keep trying to get everything just perfect so that you can get started.

However, with this mentality, you'll never actually get started. If you wait until everything is perfect in order to launch, you'll never launch. Because nothing will ever actually be perfect. You'll never get every single duck in a row. You'll never be fully ready to start.

The reality is that, eventually, you just need to get going anyway.

Your limiting belief is that you're not ready to start until everything is perfect.

This limiting belief keeps you from achieving the great things you could achieve. Instead of getting started and then adjusting as necessary, you never get started at all. Your ideas never make it out of the idea stage. You don't take action.

REWRITING THE LIMITING BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- "I'm not ready to start."

EMPOWERING BELIEF:

- “Progress matters more than perfection.”
- “I can always make changes as I go.”
- “If I wait until everything is perfect, I’ll never get started.”
- “I should start sooner rather than later.”
- “I can’t wait around for my dreams to come true.”

You must understand that what truly matters is progress, not perfection. Getting started matters more than getting everything perfect. There comes a time when you simply must hit the “Go” button.

Once you get started, you can make the necessary corrections. You can adjust your course as needed. But if you wait until you feel perfectly ready to launch, you will never launch at all. If you wait until everything is just so, your dreams will die before they ever see the light of day.

Your new belief is that you’ll get started now and make changes as necessary.

It's better to start and to make mistakes than to never get started. You can always fix things along the way. You can always make changes when the time comes.

You absolutely must not wait until the time is “perfect” because there will never be a perfect time to get started.

ACTION STEPS

- Make a list of the *minimum* number of things necessary for you to do in order to launch your idea.
- Each day, work on one of those things.
- Once you've completed the list, launch your idea into the world.
- Make corrections as necessary as time goes on.

AFFIRMATION

I believe in getting started now. I avoid waiting until all things are perfect in order to get started with my idea. I do my best to get things in order, but I refuse to believe the lie that everything can be perfect. I know that nothing can be perfect.

So, instead of waiting, I take action.

*I get started and then make corrections as necessary.
Fear and perfectionism lack the power to hold me
back. I move forward with confidence to achieve my
dreams and create the life I desire.*

LOOKING FORWARD

Yay! By overcoming this limiting belief, you're now ready to launch yourself toward your big goals! Please join us in the last lesson for a course summary and reflection to solidify your new beliefs before you go.

CRUSHING LIMITING BELIEFS

Summary and Reflection

Limiting beliefs are beliefs that you hold consciously or subconsciously that keep you from achieving your goals and creating the good life you deserve.

You discovered many common limiting beliefs that may be stopping you - keeping you stuck in routines of frustration, worry, and despair. You learned techniques to conquer these negative beliefs and instill new, positive beliefs in their place.

THE LIMITING BELIEFS THAT YOU DISCOVERED HOW TO CRUSH ARE:

1. I don't have enough time.
2. I'm too old to start something new.
3. Past failure means future failure.
4. My past will always negatively influence my future.
5. My resources are limited.
6. Lack of major progress means failure.
7. I compare myself to others.
8. I am not responsible for my current situation.
9. I don't deserve success.
10. I worry about what others think about me.
11. I don't give myself the love, compassion, and understanding I give to others.
12. I can do everything myself.
13. I'm not smart enough.

14. I'm not ready to start.

Learning how to transform these beliefs can help you to discover and work on other limiting beliefs that you may have. Simply apply the same strategies that you've learned here to any other limiting beliefs that you find stopping you.

For best results, focus on changing only one or two at a time.

SELF-REFLECTION QUESTIONS AND ACTIVITIES

Use these questions to reflect on what you've learned and empower yourself to go after your goals.

- How are limiting beliefs affecting your life?
- Which limiting beliefs have the most negative impact on you?
- Can you think of additional beliefs that may be stopping you? For each one, write a new, empowering belief that you can replace it with.
- Choose one limiting belief to focus on changing immediately and take action today to start replacing it with your new, empowering belief.

Affirm this new belief in writing with an affirmation. Keep your affirmation where you can see it. Repeat your new affirmation throughout each day.

GO FORTH AND CONQUER

You now know how to overcome some of the most powerful limiting beliefs that hold you back. You have a firm strategy in place for identifying them and then replacing the limiting beliefs with empowering beliefs.

Most people are unaware of these limiting beliefs. But not you. You will no longer be held captive by them. You will no longer let them keep you from reaching your full potential. You have been given the truth, and the truth will set you free.

So, start crushing your limiting beliefs today. Don't let them hold you back any longer. Don't put up with them. Limiting beliefs truly do limit you. They keep you from being the person you were meant to be. They keep you from accomplishing all the glorious things you could accomplish.

Conquer your limiting beliefs today! You'll be so glad you did!

CRUSHING LIMITING BELIEFS

Quiz

Please choose the best answer:

1. Limiting beliefs can be:
 - A. Insidious and pervasive, wreaking havoc in every area of your life
 - B. Conscious beliefs
 - C. Subconscious beliefs
 - D. All of the above
2. We all have limiting beliefs.

A. True

B. False

3. Where do limiting beliefs come from?

A. Observations, processed in our mind from our own perspective

B. Experiences

C. Input from family, friends, and acquaintances - often from childhood and the way you were raised

D. All of the above

4. How can you keep a limiting belief from negatively affecting you?

A. Ignore it.

B. Worry about it.

C. Transform it into a new, empowering belief.

D. There's nothing you can do about it.

5. If you believe that you're too old to start something new, which of the beliefs below can empower you to change the negative belief?

- A. My age gives me wisdom.
- B. My experience can give me an advantage with new projects.
- C. Both A & B
- D. There's nothing you can do. Any successful project needs to be started at a young age.

6. Which belief helps you change a scarcity mindset into an abundance mindset?

- A. Every resource I need is available to me.
- B. My resources are limited.
- C. There's only so much to go around, so I better get my share while I can.
- D. I don't have the money, time, or contacts to create a joyful life.

7. Which belief below is an empowering belief?

- A. As soon as I get a raise, others will think more highly of me.
- B. I am enough.
- C. I can impress the neighbors with this new car.

D. If only I were better looking, I could get more dates.

8. Which results are you most likely to experience if you believe that you don't deserve success?

- A. Achieving goals quickly, before others find out that you're unworthy
- B. Joyful relationships
- C. Lots of pets
- D. Self-sabotage, so that you usually fall short of your goal

9. Consider this belief: "I can do everything myself." Which option below is true?

- A. This belief is a strength. Asking for help just shows how weak you are.
- B. If you want something done right, you have to do it yourself.
- C. This belief is a weakness and limits you.
- D. If you accept the assistance of others in reaching your goal, then you didn't really achieve your goal at all.

10. You can change your beliefs.

A. True

B. False

ANSWER KEY

1. D

2. A

3. D

4. C

5. C

6. A

7. B

8. D

9. C

10. A