

HOW TO ELIMINATE SELF-LIMITING BELIEFS

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Only you have the power to change your feelings, thoughts, and actions. In doing so, you can create a life of confidence, happiness and fulfillment while removing self-limiting beliefs from your life forever.

Use this checklist to help eliminate any self-limiting behaviors you may have.

- **Step 1.** *Admit* to yourself that you engage in self-limiting thoughts and behaviors. *Acknowledging* that you've taken deliberate actions which spoiled your efforts of living a fulfilling life is the first step toward resolution.
- **Step 2.** *Write out the specifics* of how self-sabotage takes over your life. Include everything you can think of that you've historically done to sabotage your own personal, professional and relationship efforts.
- **Step 3.** *Take responsibility for all of your thoughts and actions.* This is a very important step; until you see that your life is entirely yours to live, you'll likely waste time by blaming other people and situations.
- **Step 4.** *Journal how you'll handle challenging situations* from now on. Although this will take some thought and time, it will help you to think through healthier resolutions to your challenges. Your goal is to not default back to self-limiting beliefs and behaviors.
- **Step 5.** *Share your plans to end self-defeating behaviors* with a friend, family member, co-worker or coach. *Accountability* is key in finding success.

- **Step 6.** Recognize that *you're worth the effort to change your actions*. See the value you in your own life.
- **Step 7.** *Believe in yourself. You can do it.*

- **Step 8.** *Make a promise to end the self-sabotage. Committing to yourself that you'll take action is a powerful step in this process.*

- **Step 9.** Put *thought-stopping techniques* to work for you to change negative cognitions. *Practice* these steps:
 - 1) Notice the thought or behavior
 - 2) Internally state or yell the word "STOP"
 - 3) Challenge the thought
 - 4) Reroute your mind with a distracting thought instead

- **Step 10.** Provide yourself with *positive reinforcement* as you decrease self-defeating actions. Reward yourself in healthy ways for your hard work. After all, you deserve it!

- **Step 11.** Acknowledge *positive feelings and experiences gained* by making changes. Give yourself some credit. You're doing well.

- **Step 12.** *Educate yourself* on eliminating self-limiting beliefs by reading books or articles about the subject. Remember, knowledge is power!

- **Step 13.** *Be vigilant* about self-destructive thoughts and feelings. Monitor your thoughts to ward off negativity as soon as you notice it.

- **Step 14.** Allow yourself time to change your ways of thinking. Open your mind to the new possibilities that surround you. Think outside your own box and be gentle on yourself.
- **Step 15.** Consider *seeking professional help* if your efforts to change aren't effective. Call a counselor, therapist or life coach to help you get unstuck.
- **Step 16.** Keep at it; continue your focus to reduce self-sabotage. Slow and steady wins the race!
- **Step 17.** Renew your commitment to yourself as often as needed to fight the feelings of wanting to self-sabotage. Each day, make a promise to yourself that you're worth it.

As you apply these steps, you'll be amazed at how much better your world and outlook become!

You'll think more positively, feel more content, and embrace life with a whole new sense of excitement about the future. Banish your self-limiting thoughts, actions and behaviors to live your best life ever!

If you'd like more guidance and insight on how to ignite, inspire and impact your life by overcoming self-limiting beliefs, contact Misti Graham, inspHERation Women's Life Coach at misti@inspHERationlifecoaching.com or visit her website at inspHERationlifecoaching.com