



## LIMITING BELIEFS:

Limiting beliefs - beliefs that hold us back in some way. By believing the limiting beliefs they impact our thinking or doing, and inhibit our full potential.

LIMITING BELIEF	REALITIES
I don't have what it takes to succeed.	In order to make a change, you have to first commit to making change. Goal setting is the first step in turning the invisible into the visible. Take a moment to map out what you want. Make sure they are specific, measurable, achievable, and realistic and anchored within a time frame.
I don't have time.	Twenty-six percent of people think they don't have enough time to make lifestyle changes. How do other people capture every moment? It's because some make the activity a MUST instead of a SHOULD. Turn your SHOULDs into MUSTS. This can start by tracking how you spend your time. This will help you prioritize and schedule your activities accordingly.
It's too expensive.	Many people think it's too expensive to make a change toward a different lifestyle. If you commit to making a change don't base your belief on common misconceptions. There are many free online resources for lifestyle changes.
I don't deserve love.	Insecurity can be hard to overcome but we must conquer it within ourselves and within our relationships. Everyone deserves love, but in order to find love, we must first overcome the false believe that we are unworthy. Cultivate a healthy relationship by replacing your limiting belief: "I had love in the past". "I deserve love because I'm a good person".
I am scared of rejection.	In the moment of rejection your heart rate will drop substantially, your pupils dilate and the body will react. BUT rejection is often just a meaning we make up. Did they reject you? Or were they just not available? Was it not the right fit? Find an EMPOWERING reframing each time you feel rejected, to propel you forward.
I don't have the skills or the talent.	Life requires progress, so keep learning. To grow and find fulfillment you must stop being stagnant. What on the job training have you received? What new skill have you gained?

CONTRIBUTING THOUGHTS FOR LIMITING BELIEFS: Recognize these to start transforming your limiting beliefs.

- ✓ **Remember beliefs are not facts.**
- ✓ Happiness comes from the outside (achieving lots, what I do).
- ✓ I have to earn the right to be worthy of love, connecting to belonging.
- ✓ Other people's opinion of me is more important than my own opinion of myself.
- ✓ I will get hurt if I share my true self.
- ✓ There is something wrong with me and I need to be fixed.

## TOOLS FOR RESILIENCE

- When you are feeling bad, label it.
  - Labeling your specific emotion can help support you and identify an action plan.
- When you are ruminating or stuck in a limiting belief, focus on what is true right now
  - I'm healthy, my friends or family love me, I have a job
  - How do you feel after you say these things? Reinforce how good it is to stay present.
- Practice self-compassion
  - Remind yourself: Of course\_\_\_\_\_ is difficult/hard/etc. Of course I'm feeling\_\_\_\_\_. I'm learning each day. It's the situation that sucks not me.
- Celebrate the small wins
  - Acknowledge everything you are doing, amplify your success and achievements despite a hard situation
  - Small wins can be simple things like taking a walk, calling a friend, waking up early.
- Reframe negative thoughts with a playful mindset
  - Instead of "I have to" switch to "I get to"
  - Instead of "this sucks" switch to "I wonder how I'll be surprised"
  - Instead of "I'm stressed", switch to "Fortunately I'm..."