Self-Limiting Beliefs: Change Your Mindset, Change Your Life

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

[From: Are Your Self-Limiting Beliefs Holding You Back from Success]

Journal Your Thoughts

1. Create a bucket list of 10 things you would like to accomplish within a year.

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2. List what could potentially keep you from accomplishing these things.

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3. Do any of the reasons you listed in question #2 sound like self-limiting beliefs? What are some ways these beliefs keep you playing small in business and in life?

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[From: How to Recognize Self-Limiting Beliefs]

Journal Your Thoughts

1. What are some ways that you hold onto a poverty mindset?

2. What are some self-limiting beliefs that leave you feeling like a powerless victim?

3. Negative thoughts are often a defense mechanism. What do you think you're trying to protect yourself from?

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[From: Where Do Self-Limiting Beliefs Come From?]

Journal Your Thoughts

1. What are 3 self-limiting beliefs from childhood you're holding onto?

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2. You can't let go of self-limiting beliefs until you understand where they came from. Take the time to examine each belief. When did you first hear it?

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3. Pick one self-limiting belief from question #1. What would happen if you let that belief go?

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[From: Overcoming Self-Limiting Beliefs to Grow Your Business]

Journal Your Thoughts

1. Spend a day writing down your thoughts and examine them. Are your thoughts nurturing you and helping you move in a positive direction or are they harming your growth?

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2. When you think of life without self-limiting beliefs, what does that look like to you? What would you go after if you knew you couldn't fail?

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3. What are three positive things you've been told about yourself or your business? Write these compliments down and add new ones to the list. Eventually, you'll have a long list of encouraging things that other people have said about you.

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[From: Stepping Away from Self-Limiting Beliefs and Into Your Potential]

Journal Your Thoughts

1. Who could you partner with that might like to work on overcoming their own self-limiting beliefs?

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2. What self-limiting belief have you chosen to work on first? What caused this self-limiting belief to develop?

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3. What affirmation would counter your self-limiting belief? Write it down on several sticky notes and hang them throughout your home. Add the sentence as an "entire day" appointment to your calendar, like as you would add a birthday so that it will show up on all of your electronic devices. Schedule it for a week to begin with.

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