

CHANGE. HOW TO DO IT.



Step 3. Eliminate the Limiting



We all have our own B.S. (Belief System). Our B.S. is made up of the inner rules that we live by.

These beliefs are neither good nor bad except when they don't serve us in doing the **CHANGE** that will get us to the life we want.

What are these "**limiting beliefs**?" How did they get so deeply embedded within us? Let's take a closer look at our B.S.



Merriam-Webster Dictionary

BELIEF: something that is accepted, considered to be true, or held as an opinion : something believed

Limiting beliefs are like mind viruses. If we think about the common cold and how easily it spreads, we can see how limiting beliefs can be passed from person to person and through generation to generation. Remember what we said about how subtle these influences and their impact can be?

The good news is that the simple cure is AWARENESS! if we look hard enough, we can find evidence that will contradict our Limiting B.S. Our job is to actively search for and eliminate what makes our subconscious mind question itself when we want to do **CHANGE**.

Once you become aware of each **limiting belief** that makes up your Limiting B.S. you can choose to believe something altogether different. This will immediately kill these sneaky little mind viruses!

"A year from now you will have wished you started today." --Karen Lamb

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Some Common Limiting Beliefs



When we question a **limiting belief**, that's when the hunt is on for evidence to the contrary! When we find it, this new evidence weakens our acceptance of it.

Do you know what happens when we weaken a **limiting belief**? Think of knocking out one of the legs of a table. It just won't stand anymore!

Let's look at a few common **limiting beliefs**. Do any of them sound familiar? Which one(s) were you conditioned to believe?

- "Money is the root of all evil."
- "Money doesn't grow on trees."
- "Don't burn your bridges."
- "No pain no gain."
- "Life is hard."
- "Good things come to those who wait."
- "You have to pay your dues."

Let's Go on A Little Hunt

Remember, we are looking for evidence to the contrary so we can eliminate the limiting!



As we search, using our AWARENESS is key. Keep your senses open to sniff out the limiting beliefs. Here are a few questions to guide you.

1. Which of these limiting beliefs were you conditioned to believe?
2. Can you think of any others?

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3. Can you see any fears you developed because of this limiting belief(s)?

4. Can you see the way(s) that it limits you?

5. Who told you this? Are you certain, beyond a doubt, that it is true?

6. What evidence do you have that goes against this limiting belief(s)?

7. Even if you can't prove this limiting belief(s) isn't true beyond a reasonable doubt, can you discard it?

8. What **EMPOWERING BELIEF** do you want to have instead?

9. What evidence do you have to support your **EMPOWERING BELIEF**?

“Step out of the history that is holding you back. Step into the new story you are willing to create.” - Oprah Winfrey