

Introduction to Discovering and Conquering Your Limiting Beliefs

We all have conscious and subconscious ideas that can become ***limiting beliefs***.

These limiting beliefs actually have the power to stop you from achieving your goals if you let them.

Sometimes these beliefs originate in childhood and sometimes we create them ourselves as we go through different experiences in our daily lives.

For example: *how you see yourself with money can contain hidden "limiting beliefs" that can get in your way of success.*

If you believe you'll always struggle and always be poor, chances are you'll set yourself up for failure. The limiting belief

that you're poor and that you always will be becomes a self-fulfilling prophecy.

The same can be said about anything negative in your life that limits you.

Whether it's career, education, or personal such as being healthy and fit. If you see yourself a certain way, it can be hard to change that view and let go of that limiting belief.

Did you know there are 7 subconscious phrases that will tip you off and help you uncover your own limiting beliefs?

Let's take a quick look at them now:

1. It's never going to happen ...

Anytime you use the word "never" it's a clue that you're focusing on a limiting belief. For example "I'll *never* have any money because takes money to make money."

2. It's not my fault that I can't do it, because ...

When most people feel uneducated or helpless, they blame their circumstances instead of working to change them.

"I can't manage my money problems because I don't know how" sounds insightful, but the subconscious message is the feeling of helplessness ... when all you really need to do is learn some basic money management skills. There's plenty of free tips and beginner's financial education available on the internet.

3. It's useless to even try ...

The idea that nothing you do will make a difference is a very powerful self-limiting belief.

If you believe that, any action you take won't make a difference. This limiting belief takes away your will to even try to reach your goals.

4. The deck is stacked against me ...

Sometimes a limiting belief has to do with the idea that outside forces that you can't control are at work keeping you down.

You can't find a job or get clients because the economy sucks, where you live is depressed, you don't have the right clothing or education ... and so forth.

5. I really don't deserve to have ...

The idea that you're not smart enough or good enough to do what you really want can be a very strong limiting belief system that seems to affect women more than men.

You might feel you're not pretty enough, smart enough, or good enough to have something, so you don't take the steps to achieve it, *because you don't feel that you deserve it.*

6. It's in my genes to fail, be poor, be fat, etc.

While there are certainly some instances where genetics play a huge role in a person's life, the truth is that almost everything that is genetic can be fixed with the right mindset, training, exercise, and outlook.

7. I'm sure I'll fail ...

The truth is the *fear of failure* is something most people have as a limiting belief.

"I'm a really bad public speaker so if I do it, I'll be judged, and I'll fail anyway so why bother trying" is a common thought pattern. But, how can you set that belief in stone if you've not even tried to do whatever it is that *you think* you're bad at?

If you ever hear any of these phrases go through your head, try to catch yourself thinking this way, and immediately disconnect from them.

Next, turn the negative "limiting belief" around to "why not me?" instead of "why me." Always ask "why not me" ... because the truth is, you're not feeling anything different than anyone else who has set goals and actually achieved them.

The difference is in the doing, not the intelligence or special talent.