

# Stop believing to achieve your dreams

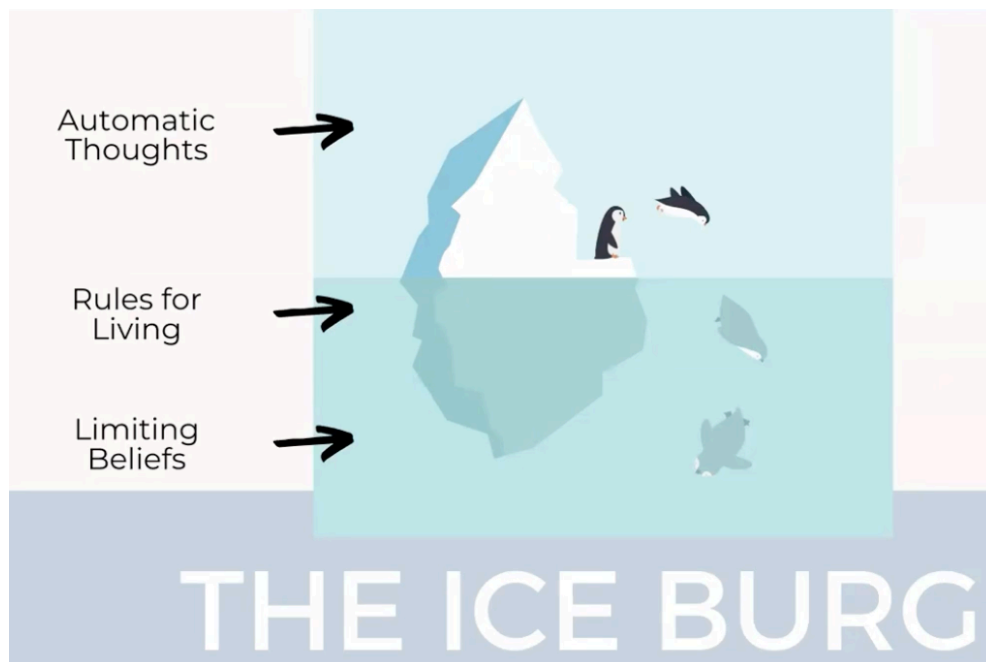


## What are limiting beliefs?

Definition of limiting belief: A state of mind or belief that restricts you in some way, or makes you feel safe and comfortable (Note: this is a false accusation!)



## The Iceberg



The picture above perfectly shows how your limiting beliefs are impacting you life in an unconscious way.



# The Elephant Story - An example of how limiting beliefs form and keep us stuck



I heard this story about a circus elephant roped to a wooden stake on the radio. Not a high tensile rope with a stake buried ten feet in the ground: a simple rope and a shallow, old wooden stake holding an enormous, mighty elephant in place.

The elephant is strong enough to walk away and yank the wooden stake out of the ground. Why doesn't it?

The story goes that the elephant is tied by a heavy chain to an immovable steel stake while young and weak. No matter how much the young elephant struggles, it cannot break the chain or move the stake from the ground. From that moment on, no matter how big the elephant grows, it believes we cannot escape the stake.

If the stake is present, the elephant is impotent.

What wooden stakes are holding us back? What beliefs from a younger, weaker version of ourselves are we irrationally tied down by? What if we moved and broke the chain? Who says you cannot run a certain distance? Who says you cannot set a new PR? Why can't you start running again?



# Where do Limiting Beliefs come from?

- Family beliefs
- Education
- Experiences, especially bad ones
- Childhood: when we are kids, we are like sponges and we record everything in our mind as 'bad or good'



## Examples of Limiting Beliefs:

### Helpless

- I am...inadequate, ineffective, incompetent, can't cope
- I am...powerless, out of control, trapped
- I am...vulnerable, a failure, a loser, defective, not good enough, don't measure up

### Unloveable

- I am...unlikeable, unwanted, will be rejected or abandoned, always alone
- I am...undesirable, ugly, unattractive, boring, have nothing to offer
- I am...different, flawed, defective, not good enough to be loved by others

### Worthless

- I am...worthless, unacceptable, bad, crazy, broken, nothing, a waste
- I am...hurtful, dangerous, toxic, evil
- I don't deserve to live



## How to identify your limiting belief(s)

1. Start by identifying things you feel strongly about in different area of your life like finances, family, relationships, health (What is helping you grow and what isn't in all these areas?)
2. Start reflecting on your behaviours (the toxic ones) - Eg. You don't speak your mind when someone offends you because you have the limiting belief that conflict is bad

3. Reflect on areas you feel challenged - Eg. You can't land a well-paid job, you never have any luck when it comes to love etc
4. Take note of the patterns that show up and reflect on what limiting belief is playing a role in these patterns

Note: It can be difficult to find your limiting belief by yourself, feel free to reach out and ask for support!



## Dig Deeper

When you have negative thoughts & emotions come up, ask yourself the following:

- If that were true, what would it mean?
- So what?
- What about this make you feel/think this?
- What does this mean about you as a person?
- What about this means this?

(Avoid asking yourself Why, because it's really easy to answer I don't know)

Note: When you find your limiting belief, you might have a strong emotional response.



## The Strategy to Breaking Through Limiting Beliefs

- Reflect on the following questions: How is this belief serving me? What benefit am I gaining from thinking this way?
- Create an alternative belief and test it out: Eg. I am not enough → I am enough
- Affirm. Affirm. Affirm. Look at evidence that proves this belief so that you can train your brain to start seeing the world in a better way.



## Let's put everything into action 📌

Have a think and answer the following questions when you feel ready:

- What is your limiting belief?
- What benefits are you getting from your limiting belief?
- What are the consequences of believing this limiting belief?
- Write down an alternative belief that counteracts this limiting belief and allows you to show up as the highest version of yourself.
- Write down at least 3 pieces of evidence that prove this new belief to be true.
- What experiments can you try to test out this belief?
- What affirmations can you repeat to yourself to train your mind to start believing this new belief? Remember to start all affirmations with, “I am”.
- What was the first time in your life where you felt your limiting belief? Describe this situation in detail.
- What did you get from your primary caregivers at that moment?
- What did you need from your primary caregivers instead? How would you have wanted them to support you? What would have helped you feel better?
- Now knowing what you needed at that time, how can you give yourself these things today as an adult when you feel triggered or stuck in your negative emotions? Write down what that looks like.
- Write a letter to someone that has deeply affected you. This is your chance to get out everything that you have ever wanted to say to them. You can then either show them the letter, or delete it.



## Resources:

- The Healthy Brain Blueprint Program by Dr. Bisleen Attli
- The Power of Belief, George Parker

# Finding your values



## What are values?

Values are the things that are the most important to you. We feel our happiest when we live life according to our values.



## Finding your values exercise 🖐️

Find below a wide list of values, follow these steps to reach your core values:

**Step 1:** Check off all the values that are important to you

**Step 2:** Group similar values together. Aim to have 2-5 groups of values (you can have more, max 10).

**Step 3:** From these groups, choose 1 value that you feel best represents the entire group. You then have your core 3-10 values

**Step 4:** Define what each value means to you

**Step 5:** Reflect on 3-5 actions steps you can take on a daily and/or weekly basis to live by your value. Make sure that these steps are simple and practical to implement!

**Step 6:** Take action! Prioritise your values when you create your schedule



- Abundance
- Accessibility
- Accountability
- Accuracy
- Adventure
- Affluence
- Agility
- Alertness
- Alignment
- Altruism
- Ambition
- Art
- Artistry
- Authenticity
- Authority
- Awareness
- Balance
- Beauty
- Belonging
- Bliss
- Boldness
- Bravery
- Calmness
- Candor
- Capability
- Carefulness
- Celebration
- Certainty
- Change
- Charm
- Choice
- Clarity
- Cleanliness
- Cleverness
- Closeness
- Collaboration
- Comfort
- Commitment
- Community
- Compassion
- Competence
- Completion
- Confidence
- Connection
- Consciousness
- Conservation
- Consistency
- Control
- Conversation
- Cooperation
- Courage
- Craftiness
- Creativity
- Credibility
- Curiosity
- Daring
- Decisiveness
- Dependability
- Depth
- Determination
- Discipline
- Discovery
- Diversity
- Ease
- Education
- Efficiency
- Empathy
- Encouragement
- Endurance
- Energy
- Entertainment
- Enthusiasm
- Environmentalism
- Ethics
- Excellence
- Expansion
- Experience
- Expertise
- Exploration
- Expressiveness
- Fairness
- Faith
- Fame
- Family
- Fascination
- Fearlessness
- Fierceness
- Fitness
- Flexibility
- Freedom
- Friendliness
- Friendship
- Frugality
- Fun
- Generosity
- Giving
- Grace
- Gratitude
- Grit
- Growth
- Guidance
- Happiness
- Harmony
- Health
- Heart
- Helpfulness
- Heroism
- Honesty
- Hopefulness
- Hospitality
- Humility
- Humor
- Imagination
- Impact
- Independence
- Individuality
- Influence
- Ingenuity
- Innovation
- Inspiration
- Integrity
- Intelligence
- Intimacy
- Intuition
- Inventiveness
- Joy
- Justice
- Kindness
- Leadership
- Learning
- Legacy
- Liberation
- Lightness
- Logic
- Longevity
- Love
- Loyalty
- Luxury
- Magic
- Marriage
- Mastery
- Meaning
- Meticulousness
- Mindfulness
- Moderation
- Money
- Motivation
- Mystique
- Openness
- Opportunity
- Optimism
- Order
- Organization
- Originality
- Patience
- Passion
- Peace
- Perseverance
- Persistence
- Playfulness
- Pleasure
- Potency
- Power
- Practicality
- Pragmatism
- Precision
- Preparedness
- Presence
- Proactivity
- Professionalism
- Prosperity
- Rationality
- Realism
- Reason
- Recognition
- Reflection
- Relaxation
- Reliability
- Reputation
- Resilience
- Resolution
- Resourcefulness
- Respect
- Responsibility
- Rest
- Reverence
- Romance
- Sacredness
- Satisfaction
- Security
- Self-reliance
- Self-respect
- Serenity
- Service
- Sexuality
- Sharing
- Significance
- Silence
- Simplicity
- Sincerity
- Skillfulness
- Solidarity
- Solitude
- Sophistication
- Spirituality
- Spontaneity
- Stability
- Status
- Strength
- Structure
- Success
- Support
- Teaching
- Teamwork
- Thoroughness
- Thoughtfulness
- Tradition
- Tranquility
- Transcendence
- Trust
- Truth
- Understanding
- Uniqueness
- Unity
- Usefulness
- Utility
- Variety
- Victory
- Virtue
- Vision
- Vitality
- Volunteering
- Warmth
- Watchfulness
- Wealth
- Wholeheartedness
- Winning
- Wisdom
- Wittiness
- Wonder



# Looking at the bigger picture



## Why you should keep the bigger picture in mind

Our brains work on a goal-setting mechanism: if your goal is not ambitious enough because of your anxiety, you will only achieve what you think you deserve according to your low standards. If you believe you can do great things, you will be able to see and filter things or actions to take you to that high-achieving state.

Another ways to call the bigger pictures are: a visualisation of your best self, a goal, a desired state.



## Vivid Vision - Exercise 1

- Write down 3 big goals that you have of your life
- Describe the kind of life you want to have?
- What does it look like?
- When you wake up in the morning, what would be your perfect day?
- If you could have this perfect, beautiful, limitless life, what would it look like?
- Where do you spend your time?
- Who do you spend your time with?
- What are some big accomplishments you want to achieve over the next 3 years?
- Why are they important to you?
- Who are you with when you are celebrating?
- How are you celebrating these milestones?



- What does it feel like?
- What does success mean to you?
- What does it look like for you?

## For business owners or those who desire to have a business...

- Why do you want to have this business? (aside from transforming lives)
- Why does it matter to you to serve others/transform lives?
- Why is having this impact important?
- What if you don't have this impact you desire



## Vivid Vision - Exercise 2

Reflect on the areas of life below and write out how the highest version of yourself would act in these areas:

- Health - Physical, Mental
- Relationships - Friends, Family, Partner, CoWorkers
- Career
- Finances
- Spirituality
- Hobbies
- Personal Development

Write down 1 step that you can take right now, in this moment to align yourself with the highest version of you.



## Vivid Vision - Exercise 3

Take 10-30 minutes daily to come back to your vivid vision. Visualise it in your minds as detailed as possible. Allow yourself to feel every emotions that comes up, smile even.

Note: the more you will practice visualisation, the more it will get easier and easier.



## Taking Action

**STRETCH Goal:** A STRETCH Goal is a goal that feels difficult and almost out of reach. It is important to have one to change your mindset and help you build momentum.

Note: Only have 1 big goal at a time and work towards that

**SMART Goal:** Build steps and strategies to reach your STRETCH Goal

- Specific: Use the 5 Ws (Who, What, When, Where, Why)
- Measurability: Think of reliable measures to define success
- Attainable: Know yourself and your surroundings NOW, be realistic and honest
- Realistic: Break your larger goal into smaller ones (monthly or weekly)
- Time: Give yourself a realistic deadline

## Living the Six Pillars Way



## Status Quo

**Definition of Status Quo:** your current habits, routine, external and emotional environment.

Being in your Status Quo can feel very comfortable, however, this might be what is keeping you stuck in your neural pathways and anxious state. The Status Quo makes us feel like our life is good enough.

Do you really want to live a life that is only good enough?

Good enough should not be the goal.

## Wheel of life



**Six Pillars translates the Wheel Of Life into** Physical Pillar, Emotional Pillar, Nutritional Pillar, Social Pillar, Medical Pillar, Spiritual Pillar

The Wheel Of Life can be personalised depending on your values and preferences. Feel free to follow the Six Pillars Wheel Of Life or create your own.

## How to define categories that work for you:

- Set your long-term goal
- Review your values
- Ask yourself: How would you categorise your life into parts?



## The next steps 🙌

- Ask yourself: How satisfied am I in each area of your life? Vote every area between 1-10.

0-4: Not satisfied

5-7: Fairly satisfied

8-10: Very satisfied

- Ask yourself: Why did I rate these areas this way? / What is the ideal score I'd like to reach, and when? / Which areas should I prioritise?

Note: all these areas compliment each other! It's important to prioritise depending on your ratings, but make sure you don't forget about the other pillars.



## Big Rock Exercise

The Story: A teacher is addressing his class. He fills a jug with big rocks and asks the class if it's full. The class responds with a "Yes". So, he adds pebbles to the jug. He asks again if the jug is full, and again the class responds, "Yes". He says, "No" and now adds sand to the jug. The sand and the pebbles represent the small daily tasks we fill our lives with. If we don't fit our big rocks in first, our lives will fill with only sand and pebbles. BUT if we start with our big rocks, we create room for what's important in life - and the sand and pebbles can only fill the spaces in between.

## Instructions 🙌

This exercise helps you align how you spend your time with your real priorities, your Big Rocks. Answer the questions below:

- Where or on what do you currently spend most of your time? (Make a list of whatever jumps into your mind)

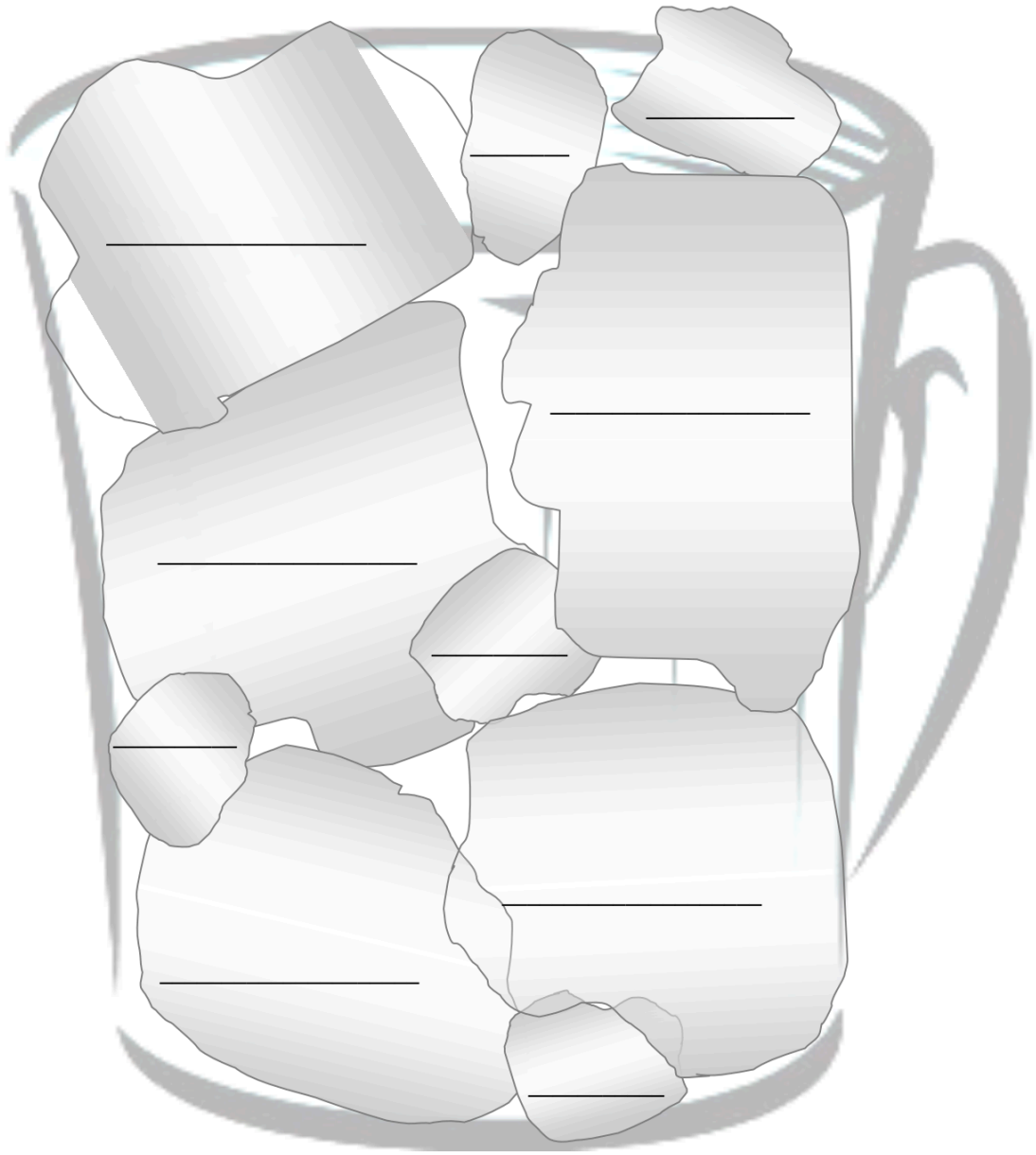
- What is the SINGLE biggest thing that ZAPS your time at present
- What NEEDS to change?
- Take a few moments to consider what's TRULY important to you in life right now. What are your Top 3 Priorities in life? (Make a list of whatever pops into your mind)
- What one thing is MOST IMPORTANT to you right now?

## Identify & Prioritise Your Rocks! 🚀

Write your KEY priorities/activities on the biggest rocks below.

Note: Think carefully. What are your real Big Rocks in life right now? What's most important to you in life?

- Start filling the bigger rocks
- Continue with the smaller rocks, your pebbles, with your next (lower) level priorities/activities.
- Then, in the tiny gaps between the rocks, write your lowest priorities/activities.
- Finally, prioritise your Big Rocks from 1 to 5.



## Decide what changes you will make 🏆

Review your Learnings! What changes will you make following what you have learned about yourself?

- How does where you currently spend your time compare to your your real priorities?
- What does this tell you?
- What Needs To Change?
- What could you be doing differently?
- What Will You Commit To?
- What WILL you change or do differently?
- Take a look at the entire worksheet and identify 3 actions you will take to focus on
- What have you learned about yourself doing this exercise?



Was this worksheet helpful?

Your journey to a more confident you don't have to end here!

Feel free to contact me if you need support through your journey.

Stay awesome ❤️

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