

Self-Sabotage: Limiting Beliefs Holding You Back?

COULD YOU BE THAT "SOMETHING" THAT KEEPS GETTING IN YOUR WAY?



Lana Wynn Scroggins
GIVING JESUS

Self-Sabotage: Limiting Beliefs Holding You Back?

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Are Your Limiting Beliefs Holding You Back?

Reaching your goals is hard. When you don't succeed, it can be hard to figure out why. Sometimes the circumstances or the situation are to blame. Other times, it's not so easy to find the cause.

Have you ever wondered if it might, be YOU? Could you be holding yourself back from succeeding? It's more common than you'd think for people to sabotage themselves in this way. What's behind it? Something called limiting beliefs.

What's a Limiting Belief?

The human brain thinks in stories. Your mind holds an almost infinite number of stories about the world around you and about the people that you know. It also holds many stories or beliefs about yourself, some of which are healthy and some of which aren't. A limiting belief is one of the latter. It's a story about yourself that you believe, specifically one that isn't (or shouldn't be) true.

Examples of limiting beliefs you might hold include things such as "I'm too old for that," "Nobody likes me," "I can never succeed and am doomed to failure," and "Why bother when I can't do it?" None of these limiting beliefs are objectively true, but the human brain isn't rational, and if you hold one of these beliefs in your subconscious, your brain is going to try and make them true.

The result of that is self-sabotage. Your subconscious attempts to make the stories it believes about you true. So, you sabotage your relationship, miss the important deadline, or fail the test, all in service to something your subconscious believes. It turns into a self-fulfilling prophecy. Unless you overcome your limiting beliefs.

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Are Your Limiting Beliefs Holding You Back? (continued)

What Should You Do About Your Limiting Beliefs?

The first thing you must do to get over your limiting beliefs is to recognize them. What stories are you telling yourself?

Once you know what the story is, recognize that is just that -a story. One that isn't true and doesn't need to become true. Once you've reached this point, you need to create a new story.

For example, if your limiting belief is "I can't do this," then you need to change it to "I can learn to do this," or something similar.

Repeat it over and over to yourself until you start to believe it and whenever you feel the doubt creeping in.

Limiting beliefs are hard to overcome, but it can be done. Don't let the negative stories your subconscious believes define you!

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What is a Limiting Belief?

A limiting belief is something that your unconscious mind believes about yourself, other people, or the world.

These beliefs hold you back from accomplishing your goals because you believe them, but guess what? They aren't objectively true.

That's one of the hallmarks of a limiting belief.

Here's an example. Let's say you believe you're bad at math, but you want to go to college and major in something that requires a lot of math. Are you bad at math?

Probably not; most people can learn to do basic math well and the majority can also learn to do higher-order math if they apply themselves.

But because you believe you're bad at math, you have trouble mastering the math skills required for your program. This is a classic example of a limiting belief.

Other common examples abound. The fear of failure is a common limiting belief that leads people to avoid following their dreams because they don't want to fail. Many people have the limiting belief that they're unlikable.

Others believe that they can't succeed in the world because there are too many obstacles, or that they can't hold down a relationship or a job.

All of these are limiting beliefs. They aren't true, but the unconscious mind believes them.

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What is a Limiting Belief? (continued)

Limiting beliefs are defense mechanisms. Your unconscious mind creates one to protect you from harm.

These are almost always created during childhood when your mind isn't developed enough to tell the difference between things that are undeniably harmful (like falling into a fire) and things that aren't permanently hurtful (such as being rejected when you ask a classmate to the fifth-grade dance).

It's not weird or unusual to have limiting beliefs. It's perfectly normal, in fact; every person has some, even if they don't realize it.

No one reaches adulthood without developing some limiting beliefs.

You can identify yours by searching your unconscious and examining your own beliefs and past behavior.

What do you do once you identify your limiting beliefs? Do you accept them and find ways to work within them?

You could, but that would deny you the personal growth you want and would keep you from reaching your goals.

Instead of accepting them, you can work to overcome them. It's difficult and takes a lot of work, but it can be done.

You just have to want it badly enough. How bad do you want to reach your goals?

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Growth Mindset versus Fixed Mindset

Your mindset is the set of beliefs and attitudes you hold about yourself, other people, and the world. It includes your outlook on life and your philosophies about the universe.

While there are many different dimensions to a person's mindset, each one falls into one of two categories: a fixed mindset or a growth mindset.

Fixed Mindset

A person with a fixed mindset believes that someone's intrinsic qualities are set at birth and can't change.

Someone with a fixed mindset believes that intelligence, talent, and other attributes are determined by the genetic lottery at conception and can't be improved upon even with training and practice.

They believe themselves to be good or bad at something based on inherent talents. They also believe that people's character is inborn. People are born good, bad, or something in between and can't change.

People who have a fixed mindset tend to ignore things they aren't immediately "good" at and avoid challenges.

They usually have a hard time accepting negative feedback because they don't believe things can be changed, so why bother listening to things they could do to improve?

Someone with a fixed mindset may give up easily and bounce around from one thing to another, looking for the things they're inherently good at.

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Growth Mindset versus Fixed Mindset (continued)

Growth Mindset

A growth mindset is just the opposite of a fixed mindset. People with a growth mindset believe that, while certain things may be given to a person at birth, others can be cultivated through hard work and practice.

They also believe that inherent talents can be improved upon with teaching and practice. People with a growth mindset tend to view challenges as opportunities and failure as a chance to learn.

They also believe people's inherent character isn't fixed and can be changed throughout the lifespan.

Those people with a growth mindset tend to be more resilient and adaptable than those with a fixed mindset.

They usually end up attaining more of their personal and professional goals throughout their life. Finally, they tend to be happier, healthier, and to live longer lives.

Obviously, there are significant advantages to having a growth mindset over a fixed mindset. But are mindsets fixed? Do you get your mindset at birth?

The answer is no; you may be predisposed to one mindset or another based on your personality, but the mindset you adopt is shaped during childhood and young adulthood by experiences and culture.

Furthermore, it's possible to change your mindset if you choose.

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Overcoming Your Limiting Beliefs

You've decided to work on overcoming your limiting beliefs. That's great! It's a good step forward in your personal growth and development.

What do you do next? How do you overcome those limiting beliefs so you can move forward?

Luckily, you're not the first person to do this. Many other people have gone down this road and had success. The following steps are a tried and true way of getting past your limiting beliefs.

1.) Identify Your Limiting Beliefs

Do you know what your limiting beliefs are? You have to know what your issues are before you can work on overcoming them. If you don't yet know what they are, you need to sit down and do some self-reflection to identify your limiting beliefs and put them into words. Once you've done that, pick one to start working with.

2.) Recognize That It's Just a Belief

Whatever the belief is, you need to acknowledge that it's just a belief. It's not a law of nature, it's not immutable or written in stone. It's just a belief you hold in your mind and nothing more.

3.) Ask Yourself If It's True

Is this belief true? Is it always true? For example, if your limiting belief is that you're not likable, think about the times other people have liked you. Are you always unlikeable? Of course not! Therefore, your limiting belief is wrong.

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Overcoming Your Limiting Beliefs (continued)

4.) Thank It for Its Help and Let It Go

Your limiting beliefs are defense mechanisms that attempt to protect you from emotional harm. That's what it's been doing all these years. Thank it for trying to help you and release your hold on it.

5.) Recognize the Underlying Emotion

All limiting beliefs are driven by an underlying emotion. This emotion is usually but not always fear. You need to identify and learn to deal with that emotion to overcome the limiting belief.

6.) Identify the Negative Consequences of the Limiting Belief

What are the negative consequences of continuing to hold this limiting belief? Something bad will happen because that's the nature of limiting beliefs. If you have a limiting belief around rejection, you may never find a romantic partner. If you don't believe you can succeed, you might never have a successful career. And so forth.

7.) Reframe the Limiting Belief

It's time to reframe your limiting belief into something positive. Change it. If the belief is "I'm not likable," change it to "I'm very likable and can make friends." If you have a fear of rejection, change it to "Many people will accept me if I try." Repeat this new belief to yourself over and over until it becomes a mantra.

8.) Act As If the New Belief is True

Now take action as if this new belief is true. Start doing the things you would do if it were true. Gradually, with time, dedication, and hard work, you'll make your mind believe it.

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Types of Limiting Beliefs

Every person has limiting beliefs. It's normal and part of being human.

The number of limiting beliefs in the world is unlimited because every person is different and has different experiences and personalities.

Some limiting beliefs are common, such as the fear of failure, while others might be unique to only a few people.

All limiting beliefs fall into three categories, however: limiting beliefs about yourself, limiting beliefs about other people, and limiting beliefs about the world.

Some can be placed into more than one category, and some might move from one category to another based on whether they're about you or other people, but these are the three basic categories.

Limiting Beliefs About Yourself

Most limiting beliefs are personal. They are limiting beliefs you hold about yourself, about who and what you are, what you can and can't do.

They're your beliefs about what your limits are and how far you can go in life.

Now, while it's true that you do have real limits -most people can't make it into the astronaut corps, for example, and no one is going to become Batman any time soon -most of them aren't true, hence why they're limiting beliefs.

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Types of Limiting Beliefs (continued)

Here are some examples: “I fail at everything I try.” “I’m no good at managing money.” “I can’t maintain a healthy relationship.” “I’m too young/too old.” “I’m not worthy of love.”

Limiting Beliefs About Other People

This is the second-largest category of limiting beliefs. These are the limiting beliefs you hold about other people -what other people are like, how they act, what they believe, etc.

Again, while some of the beliefs you hold about other people are true, the limiting beliefs are demonstrably false and harm your ability to have healthy relationships.

Here are a few examples: “Everyone is greedy.” “No one can be trusted.” “No one wants a relationship anymore.” “Everyone cheats on their spouse.” “Everyone’s a liar.”

Limiting Beliefs About the World

Finally, this category contains your limiting beliefs about the world and how it works. Everyone has a different worldview. Some of the things in it are real, some aren’t, and some are limiting beliefs. Here are a few examples from this category:

“You can’t succeed unless you know the right people.” “It’s too difficult to get ahead these days.” “I can’t find a job in a recession.” “There’s so much competition, why bother?” “I can’t make it here anymore.”

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Could Limiting Beliefs About Money Be Keeping You Broke?

Limiting beliefs are false beliefs about yourself, other people, or the world that you hold in your unconscious and believe to be true.

They can cause all sorts of negative consequences in your life, from keeping you from finding a romantic partner to failing in your career.

But did you know that you could have financial problems because you hold limiting beliefs about money?

It's common for people to have limiting beliefs around money, believe it or not. It's such an important part of our society that it's no wonder some people develop issues with it.

You're most likely to have these beliefs if you grow up in a household where money was tight or with parents who frequently argued about money, but anyone can have them.

The negative consequences of holding limiting beliefs around money include lack of financial stability, large amounts of debt, the inability to pay basic bills and buy necessities, earning beneath your potential, and of always being stressed about money.

And that's just the start! Your limiting beliefs about money might literally be keeping you broke.

A few of the most common limiting beliefs about money include: "Money is scarce." "Money is hard to get." "Money is evil." "Only selfish people have money." "I'm no good with money." "Money doesn't buy happiness." "You either make money or follow your dreams."

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Self-Sabotage: Limiting Beliefs Holding You Back?

Could Limiting Beliefs About Money Be Keeping You Broke? (continued)

Do any of those sound like you? If so, you probably have limiting beliefs about money. And remember; those are only a few examples of the most common beliefs.

If you have financial problems, you should do some self-reflection to see what limiting beliefs might be lurking beneath the surface of your mind.

Having limiting beliefs about money, like anything else, isn't your fault.

All limiting beliefs are formed by your unconscious mind when you're too young to process things rationally.

But now that you know you have them, what you choose to do about it is your responsibility.

Do you want to overcome your limiting beliefs around money? Start by identifying what they are. Next, challenge them -are these beliefs true?

Are they always accurate? Of course not! Next, create some new beliefs about money to replace the old.

Use affirmations and positive self-talk to help you transform your unconscious beliefs.

Whenever the old beliefs arise, challenge them and gently guide your thoughts back to your new ones.

If you need help getting your finances back on track while you do this, consider consulting a licensed non-profit financial counselor.

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Characteristics of a Growth Mindset

Have you heard about the difference between a fixed mindset and a growth mindset?

A fixed mindset believes that human nature, behavior, and abilities are hardwired by genetics and can't change.

A growth mindset believes just the opposite, that while people may receive certain tendencies through genetics or upbringing, everything is subject to change with experience and practice.

A growth mindset has many other positive characteristics as well. Here are the top five.

1.) Believing in Oneself

People with a growth mindset believe in themselves, their abilities, and the things they can do more than those with a fixed mindset. This enhanced self-confidence usually leads to more success in every aspect of life. People with a growth mindset are more likely to try new things and take calculated risks than their counterparts with a fixed mindset.

2.) A Passion for Learning

A growth mindset leads naturally to a lifelong passion for learning. Those with a growth mindset love to learn new things. They cultivate new skills throughout their lifespan. Some accumulate knowledge as a matter of course in their daily lives, while others seek formal instruction on any topic that strikes their fancy.

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Characteristics of a Growth Mindset (continued)

3.) Higher Resiliency

People with a growth mindset have more resiliency to stress and adversity. Negative life events and failures affect them like anyone else, but they don't react as strongly and experience less of the physical and psychological symptoms.

They rebound faster than those with a fixed mindset and are more likely to see an obstacle as a challenge rather than something insurmountable. They see failures as learning opportunities instead of a sign they should quit and try something else. They're less likely to experience stress-related physical and mental illnesses as well.

4.) More Positivity

Having a growth mindset leads to a more positive attitude and outlook on every aspect of life. They're almost always highly optimistic individuals and usually surround themselves with like-minded people. This inherent positivity helps them overcome challenges and adversity faster than those with a fixed mindset.

5.) Living in the Moment

The majority of people either focus their minds on the future or spend a lot of time dwelling on the past. People with a growth mindset, however, are much more likely to keep their minds focused on the present moment and what they should be doing day to day. This is the outlook most likely to lead to success and happiness in life.

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Cultivating a Growth Mindset

Are you worried you have a fixed mindset? Would you rather have a growth mindset? Don't worry -mindsets aren't static! You're not limited to whatever your mindset currently is.

If you don't have a growth mindset already, you can cultivate one. The process is simple, but it requires hard work and dedication. Here are the things you need to work on to change your mindset.

Embrace Imperfection

You don't have to be perfect or even good at something when you first begin. Do you know it's normal to be bad at things the first time you try them? A fixed mindset says that you must be naturally good from the outset or whatever it is isn't for you.

Nothing could be farther from the truth! Most talents are obtained through dedication and practice. It takes 1,000 hours of practice to truly master a skill. If you're not good at something to start with, don't give up. Embrace the fact that you're learning and continue trying.

Work on Positive Thinking

One characteristic of a growth mindset is its emphasis on positive thinking. Do you tend to think positively or negatively? Do you always have a good attitude and outlook?

You need to work on increasing the amount of positive thinking you do. Catch your negative thoughts and reframe them. You can also use positive affirmations to make this more effective.

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Cultivating a Growth Mindset (continued)

Learn from Criticism

Accepting criticism can be difficult no matter how positive you normally are. People with a fixed mindset tend to resist criticism and feedback and don't realize it's often meant to help.

Instead, take criticism as a form of positive feedback and use it to improve yourself and whatever you're working on.

Face Your Challenges

Do your challenges seem overwhelming? Does the thought of facing them make you want to turn away and find something else to do? This is a common sign of a fixed mindset.

Instead of ignoring them or giving up, work on facing your challenges. Look at them as a chance to grow and learn instead of as something standing in the way of your goals.

Find Your Sense of Purpose

A sense of purpose will help drive you to overcome barriers and reach your goals. It'll give you a "why" to get you out of bed in the morning and keep you going.

It will make you stretch yourself and lean into life, leading naturally to a growth mindset.

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Are You Sabotaging Yourself Because of Your Limiting Beliefs?

Are you having trouble reaching your goals despite having the desire to do so? Are you having trouble maintaining healthy relationships?

Do your fitness goals seem to fail the minute you start an exercise program? You might be dealing with some limiting beliefs.

What's a limiting belief? It's a belief you hold in your unconscious mind about yourself, other people, or the world. It's not true, but you believe it's true.

Limiting beliefs develop in childhood when your rational brain has yet to develop enough to properly process your experiences. It's a natural and normal part of growing up. Everyone develops a few limiting beliefs on the path to adulthood.

Your brain created your limiting beliefs to protect you. It thought they would keep you safe from danger or (usually emotional) harm.

Now that you're an adult, however, these beliefs are causing more harm than good. But you're hanging onto them because your unconscious still believes they're protecting you.

Here's an example of self-sabotage caused by limiting beliefs. Let's say you have trouble maintaining relationships. You're always afraid your partners are going to reject you.

Instead of working on the relationship, you break it off before your partner has a chance to do so. This indicates a limiting belief known as the fear of rejection, especially if this is a pattern you repeat.

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Are You Sabotaging Yourself Because of Your Limiting Beliefs? (continued)

Another common example: You have financial problems. Despite making more than enough money, you never seem to have enough to pay your bills and buy the things you need.

You're constantly broke. You know how to manage money, but you can't seem to do it. This indicates another common limiting belief, which is "I'm no good at managing money." These are only two examples out of an infinite number of possibilities. Do you think you might be sabotaging yourself due to limiting beliefs?

Look at the areas of your life where you have trouble reaching your goals. Anything can be subject to limiting beliefs; your career, relationships, money, and fitness are common ones, but it could be anything.

Reflect on the problem areas and look for any toxic behavior on your part. Bad behavior, in particular patterns of bad behavior, indicates the presence of a limiting belief.

Once you've identified the presence of a limiting belief, work to understand what it is and put it into words. You might bounce from one job to another because you're scared of failing in a single career. "Fear of failure" is the operative limiting belief.

You might be avoiding asking out someone you're interested in because you're afraid of rejection, intimacy, or both.

Once you've recognized that you have a limiting belief and identified it, you can start working to overcome it so that you can reach your goals.

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Reframing Limiting Beliefs

You've recognized that you have limiting beliefs and decided to overcome them. You've identified your limiting beliefs. What now? The next step is to reframe your limiting beliefs into empowering beliefs.

You don't have to work on all of your limiting beliefs at once; if you have identified several, it's better to start with only one or a handful of them. Select one or more before you move on.

The Framing of Limiting Beliefs

Limiting beliefs can be identified by their framing, that is, how the belief statement is constructed. The sentence structure tells you what type of belief it is.

All limiting beliefs start with something like the following:

"I can't..."

"I don't..."

"I could never..."

"I'm not..."

"It's always been this way."

These statements are disempowering; they take away your agency and make it seem like things can't be changed or made better.

You need to look at the limiting beliefs you're working on and reject them as untrue. Then you can change each one into an Empowering Belief.

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Reframing Limiting Beliefs (continued)

The Framing of Empowering Beliefs

Empowering beliefs are framed differently than limiting beliefs. They're the opposite. Rather than using "can't" or "never" statements, they use positive language that says you can do the things you want or be the way you want to be. They're constructed in the following way:

"I can..."

"I am..."

"I'm working on..."

"I do..."

"Things can change..."

How to Reframe Your Limiting Beliefs

Now that you know the difference, you need to reframe each of your limiting beliefs.

Limiting Belief: I can't do this.

Empowering Belief: I can learn how to do this.

Limiting Belief: I'm not good at this.

Empowering Belief: I'll get better with practice.

Limiting Belief: I'm bad at relationships.

Empowering Belief: I'm working on becoming a better person and partner and am becoming better at relationships as I do.

Limiting Belief: I could never do that.

Empowering Belief: Maybe I could. I'll never know if I don't try.

Limiting Belief: I'm not a likable person.

Empowering Belief: I am likable. Plenty of people like me. I'm a good person.

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Limiting Beliefs Might Be Keeping You Stuck

Are you having trouble making progress on your goals? Do you feel “stuck” in your career or personal life?

Does it seem like you don't advance at all no matter what you do or how hard you try?

If you're having trouble figuring out what's behind your lack of progress, it might be some limiting beliefs you didn't know you had.

What's a limiting belief? It's an unconscious limit you place on yourself in childhood.

You do it because your unconscious mind thinks something is dangerous (usually because you experienced some form of emotional harm) and your rational brain wasn't developed enough to realize that wasn't the case.

Your brain puts the belief in place to keep the harm from happening again.

Your unconscious mind did its job to protect you when you couldn't protect yourself.

Except that now you're an adult and you're still dragging around that belief, and it's keeping you stuck.

As an example, let's say that you want to put in for a promotion at work. You're qualified for the promotion. You're good at what you do.

You want to move up the ladder. But you keep putting off the application. Why? Well, you probably have a limiting belief around rejection or failure, possibly both.

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Limiting Beliefs Might Be Keeping You Stuck (continued)

If there was something you tried to do as a child -say read aloud in class -and you failed at it and your classmates rejected you, then your subconscious formed a limiting belief around failure -don't put yourself forward -to keep you from experiencing that pain again.

It doesn't matter that you're now an adult; emotionally, when it comes to this topic, you're still a hurting child.

The fear of failure you hold in your unconscious is keeping you stuck.

Fear of failure is a common limiting belief. Fear of rejection is another. There are many more; the number of potential limiting beliefs is infinite.

Everyone has limiting beliefs, so don't worry that there's something wrong with you or get embarrassed.

They're a normal part of being human. It's what you do about them when you discover them that makes the difference in your life and your personal development.

If you feel "stuck" and unable to move forward despite the best of intentions, it's time to do some self-reflection and see if you might have some limiting beliefs.

Look for fears coupled with negative or toxic behavior to find clues.

You might just be surprised at what you find!

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5 Examples of Limiting Beliefs

Are you still struggling to understand the concept of limiting beliefs? Does the concept make sense, but you can't understand how to put limiting beliefs into words?

That's a common experience. It's often hard to come up with examples of a new idea. Luckily, because every person has limiting beliefs, some of them are common enough to be used as examples.

This is a list of five of the most common limiting beliefs along with their negative consequences.

1.) Fear of Rejection

This is one of the top three limiting beliefs. Everyone ever born is afraid of being rejected by someone or something, whether that's a romantic partner, a college, a sports team, a job, or something else altogether.

Most people are able to deal with their fear well enough to go for their desires anyway, but some people develop it into a limiting belief and stop trying for the things they want for fear of rejection.

2.) Fear of Failure

This is the second of the top three, but it's really tied with the fear of rejection. Fear of failure is normal and natural. We all want to succeed, and we all worry about the consequences of failing.

Some people develop a limiting belief around failure and are unable to try to reach their goals.

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5 Examples of Limiting Beliefs (continued)

3.) Fear of Success

Some people are also afraid of success. After all, what comes next? Can you handle the consequences of succeeding?

When this becomes a limiting belief, people will deliberately fail to avoid having to deal with the results of succeeding.

It's a common enough limiting belief to make the top three in most countries, but it does vary by culture.

4.) Believing that you're not worthy of (fill in the blank)

This is another incredibly common limiting belief, and some people have multiple limiting beliefs that fall into this category. The blank can be anything - love, acceptance, money, getting into school, getting a good job.

Anything that a human being can desire can fill that blank, but it's most commonly associated with interpersonal relationships, romantic or otherwise.

5.) I'm too (fill in the blank) to find a partner.

Romantic relationships tend to bring up a lot of self-doubt in people, which makes them fertile ground for limiting beliefs.

The blank can be filled by any attribute the person feels is too "much" for romantic relationships -fat, skinny, rich, poor, ugly, smart, etc.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

5 More Examples of Limiting Beliefs

A complete list of limiting beliefs would be endless because there are an infinite number of them.

While some might be uncommon, others occur in many people across time and space and in any number of cultures.

This is a list of five more of the most common limiting beliefs.

1.) I'm not good enough to pursue my dreams.

As with many limiting beliefs, fear is the emotion underlying this one.

Usually, the person holding this belief thinks that only people who have extraordinary abilities or talents can succeed in whatever the dream is and that ordinary people are shut out.

Naturally, this isn't normally true, with important exceptions such as the astronaut corps.

2.) It's impossible to get what you want out of life.

The consequence of this limiting belief is that the holders often get nothing from life and spend much of their lives miserable and dreaming about the "what if."

Major depression is another common consequence and may in fact be the cause in some people.

Fear and sadness are often the root emotions of this limiting belief.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

5 More Examples of Limiting Beliefs (continued)

3.) There aren't any good dating partners left.

Dating is hard for everyone, but this limiting belief makes it impossible. If there's no one good left to date, why even try?

It's easy to rationalize not trying if you hold this belief, with the result that you'll end up spending your entire life alone. This limiting belief is common among people who had rough starts to their romantic lives in adolescence or trauma around platonic relationships.

4.) I'm too old/too young to do what I really want to do.

This limiting belief may seem like an excuse not to try, but it's a real belief, and the unfortunate people who hold it often don't pursue what they want out of life simply because of their age.

Few dreams become off-limits just due to age, but people who hold this limiting belief might never even try to reach them.

5.) Money is evil and I don't want anything to do with it.

This is a common limiting belief in the modern era because money is such a central aspect of society.

You can't do anything without money, but it's so used and abused that it comes off as evil, when in reality it's just a tool.

The negative consequences of this limiting belief are a lifetime mired in financial problems and possible poverty, even for high earners.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How Affirmations Can Help Reduce Your Limiting Beliefs

Overcoming limiting beliefs is difficult and requires a lot of work and dedication.

When your spirits lag and it seems like you'll never get there, it can feel hopeless and make you want to give up.

What you need to do instead is find a way to raise your spirits and give yourself a boost to keep going. Affirmations are great for this.

Not only that, but used regularly, they can help you get rid of your limiting beliefs altogether.

What is an Affirmation?

An affirmation is a short, positive statement you use to talk to both your conscious and unconscious mind.

They're powerful sentences that can change your mood and help rewire your brain.

They've been shown to help with everything from lifting self-esteem to reducing limiting beliefs. An affirmation can simply be thought, or it can be spoken, written, or typed.

How Do You Use Affirmations?

You can use affirmations to reduce your limiting beliefs in two ways. First, as a boost to your lagging determination when you hit a rough patch.

You can use your affirmation of choice to help you get your confidence and willpower back so that you can move on. Using affirmations this way is common around the world.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How Affirmations Can Help Reduce Your Limiting Beliefs (continued)

Secondly, you can use them every day to help reduce your limiting beliefs no matter how much difficulty you are currently having.

Pick one or more affirmations targeted to the limiting belief you're working on and use them as a mantra at least once a day. Saying the affirmations aloud is the most powerful method to use them, but other methods work too. Some people repeat their affirmations on a schedule several times a day while others repeat them randomly during the day.

Whichever way you choose, consistency -that is, using the affirmations daily - is key.

Examples of Affirmations for Limiting Beliefs

These ten examples are good affirmations to use for limiting beliefs.

If you don't like any of them, change them or find some you do. Any short sentence with a strong positive message can be used as an affirmation.

I am worthy of love/success/achievement.

I am changing my life in a positive manner.

Opportunities are coming to me.

I can do anything I want if I set my mind to it.

Money is a tool and one I use wisely.

My failures don't define me.

Mistakes are just learning opportunities.

It doesn't matter what others expect of me.

I am likable.

I deserve to succeed.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Are Limiting Beliefs Harming Your Relationships?

Relationships, both platonic and romantic, are fertile ground for limiting beliefs. Interpersonal relationships are difficult for everyone, and they're fraught with so many emotions, hopes, dreams, and entanglements that it's a wonder more people don't have limiting beliefs around them.

If you have limiting beliefs around relationships, you must overcome them if you want to have healthy, fulfilling relationships.

These are just a few of the most common limiting beliefs about relationships and how they cause harm.

Fear of Rejection

No one wants to be rejected. All kinds of rejections hurt -professional (the school or job turns you down), hobbies (the softball team cuts you), and personal (friends, family, or romantic partners break up with you).

The latter are by far the most painful.

The fear of rejection is the most common limiting belief in the world, and of the three types, the fear of rejection by those we care about is the most common and debilitating.

If you've got a fear of rejection around relationships, you most likely do one of two things: avoid entanglements of the sort you're concerned about altogether, or form relationships only to break them off yourself to avoid the pain of the other party rejecting you.

Either reaction will leave you lonely.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Are Limiting Beliefs Harming Your Relationships? (continued)

Inability to Trust

This is another common limiting belief around relationships. It usually forms when you've undergone a lot of pain or broken trust in childhood or young adulthood.

Relationships are built around trust, and you can't have a healthy relationship without it.

The inability to trust leads to jealousy, constant worry, and often controlling behavior -all of which will have you spending many nights alone if you don't correct the issue.

Thinking you don't deserve love

Many people hold this limiting belief. It forms in childhood, like all others. Sometimes the trigger is abuse or neglect, but not always. Sometimes the cause can't be identified.

If you believe you don't deserve love, you either won't look for it at all, or you will, and then do everything you can (unconsciously, of course) to sabotage your relationships and get the other person to reject you, which will confirm your belief that you're unworthy.

This is as common in friendships as it is in romantic relationships.

If any of these examples sound familiar, you have limiting beliefs that are harming your relationships. Start working to overcome these beliefs today and a lifetime of happy and healthy relationships will await.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Replace Limiting Beliefs with Empowering Beliefs

Empowering beliefs and limiting beliefs are opposites. Limiting beliefs hold you back and break you down.

They destroy your self-confidence, your self-esteem, and keep you from reaching your goals in life. Your limiting beliefs keep you “stuck” and unable to move forward.

So, what’s the opposite? Beliefs that lift you up, that raise your self-confidence, that inspire you to reach for your dreams.

They encourage you, motivate you, push you, and inspire you to push past your limits. These are empowering beliefs.

One type of belief is disabling; limiting beliefs remove your control and power to influence your life. Empowering beliefs do the opposite -they enable you to seize that control and take charge of your life and its outcomes.

People who hold empowering beliefs are many times more likely to succeed in life and reach their goals than those who have limiting beliefs.

Limiting beliefs are clearly hobbling. But it’s not your fault that you have them. Everyone develops some limiting beliefs in childhood. It’s a part of being human.

Some people overcome them without ever realizing what they were. Others have to work harder to get there. The best way to get “unstuck” in your life and move forward is to overcome your limiting beliefs.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Replace Limiting Beliefs with Empowering Beliefs

How do you do that? By replacing them with empowering beliefs. Maybe that sounds silly, or even impossible, but many people have done it.

You can too if you're willing to do the work.

First, identify your limiting beliefs. Write them down. Make each one into a short sentence.

You'll notice most of them will start with something such as "I can't..." or "I'm not...". Others will say something like "All people are greedy," a statement that is obviously false.

Next, rewrite each of your limiting beliefs to make them empowering beliefs. Start by changing "can't" to "can" and "I'm not" to "I am."

Make each of these new statements short, powerful, and positive. Each one should put the control in your hands.

Third, start repeating these new beliefs as a mantra. All the time, every day. You can say them in your head, aloud, or write them down.

But do so daily, preferably multiple times a day. They will gradually become ingrained in your psyche.

Finally, immediately begin acting as if the new empowering beliefs are true.

Don't wait until you feel that they are true; start now. Gradually, they'll become true. You'll make them real.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Characteristics of a Fixed Mindset

Mindset is an important indicator of your likelihood of success in an endeavor. It can make all the difference between success and failure. There are only two basic mindsets: a growth mindset and a fixed mindset.

A growth mindset is the preferred mindset for most purposes. You've probably heard about it and its characteristics many times.

But what about its counterpart, the fixed mindset? Do you understand what it is and the ways it's different from a growth mindset?

One of the primary characteristics of a fixed mindset is the belief that intelligence and moral character are static.

These things are fixed by genetics and can't change or be developed with effort. A person is either smart or not; someone has a good moral character or not.

People with a fixed mindset tend to avoid challenges and give up on things easily if they don't come naturally. After all, if you can't learn to be better, why bother?

Another characteristic of a fixed mindset is the avoidance of effort to master a skill -if you can't get better, it's worthless to practice.

For the same reason, people with a fixed mindset ignore feedback instead of trying to learn from it.

They tend to see it as a personal attack rather than someone trying to be helpful. This obviously leads to strained personal relationships and problems at work. It can even ruin their careers.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Characteristics of a Fixed Mindset (continued)

People with a fixed mindset often try to hide their flaws because they don't want anyone to realize they're imperfect.

Validation from other people is important. Some also feel threatened by the success of other people.

The fixed mindset lends itself to performance goals rather than learning goals.

People who hold this mindset believe that a person's potential can be measured and measure their own self-worth based upon their mistakes.

They tend to blame themselves for their failures. This can lead to low self-confidence, low self-esteem, and even outright depression.

A person's mindset can be broken down into different domains, such as work-life, romantic life, etc., and most people have what is known as mixed mindsets -a growth mindset in some areas and a fixed mindset in others. Having all one or the other is rare.

People can also shift from one mindset to another over the course of a lifetime.

Usually, people move from a fixed mindset to a growth mindset.

The opposite is also possible but rare.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Consequences of Limiting Beliefs

Everyone has limiting beliefs. That much you've probably heard before.

You've probably also heard about the importance of overcoming those beliefs, and that the consequences of not doing so can be dire.

Do you know what those consequences are, however?

Limiting beliefs can keep you from reaching or even setting goals.

They can keep you mired in a cycle of "try and fail again" with seemingly no end or explanation. They can keep you from even trying to make your dreams come true.

Limiting beliefs around work can cause your career to bottom out.

They can keep you from reaching your potential, from getting the job you want, and can even cause you to perform so poorly you get fired.

That's only the start of what they can do to you. Many people, perhaps most in Western society, have limiting beliefs around money.

This can lead to you being chronically broke and financially insecure no matter how much money you make. It can even cause you to not make enough money to support yourself and your family at all.

One of the most common limiting beliefs about money is that money is bad and/or evil. If you hold that belief, why would you want anything to do with it?

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Consequences of Limiting Beliefs (continued)

Your personal relationships can suffer from your limiting beliefs. These beliefs can lead to strained relationships with family members.

They can cause you to have trouble with finding and maintaining both friends and romantic partners.

Limiting beliefs around relationships can literally make you lonely and isolated.

They can keep you from having the type of fulfilling interpersonal relationships all humans require to be happy and mentally sound.

The consequences don't stop there. Limiting beliefs can cause low self-esteem, lack of self-confidence, loneliness, sadness, anxiety, and even lead to bouts of major depression and other mental illnesses.

As you can tell, the consequences of limiting beliefs are anything but benign. Even if they cause no other problems, they will keep you from living your best life and reaching your dreams.

This is why it's so important to work to overcome your limiting beliefs.

They are just beliefs, after all, and not immutable laws of the universe. They're not objectively true.

You can change your limiting beliefs, seize control of your life, and reach your goals. You just have to put in the work to make it happen. The only thing holding you back is you!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

25 Affirmations for a Growth Mindset

Cultivating a growth mindset isn't easy for all of us.

It requires hard work and dedication. A little help is useful too, which is where affirmations come in.

Affirmations are positive statements that can affect both your conscious and unconscious mind and help you change your attitude and outlook on life.

They can be used for anything, but they're especially powerful when you're trying to change your mindset.

Here's a list of twenty-five affirmations to help you with cultivating your growth mindset.

For best results, say them aloud or silently, or write them down, at least once a day. Repeating them to yourself in a mirror might help.

Typing them out on the computer is also an option. Whatever method works best for you is fine.

It works best if you can go through the list several times a day.

If that's not possible to do regularly, stick with doing them once a day. Consistency is more important.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

25 Affirmations for a Growth Mindset (continued)

This list is only a starting point; if some of these affirmations don't resonate with you, change them or create new ones. You can make any positive statement about yourself into an affirmation.

- 1.) I'm confident in my ability to [fill in the blank].
- 2.) I can do hard things.
- 3.) Mistakes are learning opportunities.
- 4.) I can succeed at reaching my goals.
- 5.) I trust myself to make good decisions.
- 6.) I accept my emotions without judgment.
- 7.) I trust that I'm on the right track.
- 8.) I'm good at [fill in the blank].
- 9.) I love myself for who I am and refuse to judge myself.
- 10.) I can make a big difference in the world.
- 11.) I work hard to better myself and grow my skills.
- 12.) I'm proud of myself for [fill in the blank].
- 13.) I trust my intuition.
- 14.) I am at peace with myself and who I am.
- 15.) There are opportunities all around me.
- 16.) I take good care of myself.
- 17.) I can learn new things.
- 18.) Challenges are opportunities for growth.
- 19.) I control my attitude.
- 20.) I will do my best at every task that comes my way.
- 21.) I focus on my own results.
- 22.) It doesn't matter what others expect of me; only what I expect of me.
- 23.) I can bring my dreams to life.
- 24.) I love learning.
- 25.) I'm grateful for all the blessings in my life.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Limiting Beliefs Start in Childhood

Everyone has limiting beliefs. There aren't any exceptions to that -it's a natural part of being human.

Some people have overcome their limiting beliefs, but they weren't exempted from having them to begin with.

Have you ever wondered what causes limiting beliefs? It turns out that they develop during childhood.

The human brain has two primary components: the conscious mind and the unconscious mind. The latter is fully developed when you're born.

It's responsible for all the things you do without thinking, breathing, beating your heart, repairing your cells while you sleep, and so forth.

The primary job of your unconscious mind is to keep you alive and safe. Have you ever jumped out of the way of danger before you realized there was something to be afraid of? Your unconscious mind did that; it saw the danger and acted instinctively to keep you safe.

Your conscious mind is in charge of tasks such as reasoning, speaking, following directions, and other higher-order cognitive tasks. It isn't fully formed when you're born.

It barely exists at all, and it grows and develops along with you through your childhood. It doesn't reach full maturity until you're in your early 20s. That's an awful lot of time spent with undeveloped reasoning abilities.

It's also a lot of time for limiting beliefs to develop.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Limiting Beliefs Start in Childhood (continued)

Your conscious mind gradually takes over more of the responsibilities as it matures, but in the meantime, the unconscious is in control. You'll recall that its primary function is keeping you safe.

If something harms you, or tries to harm you, it'll endeavor to make sure you're never in that kind of danger again.

The unconscious is primitive and can't tell the difference between the physical harm caused by a dog bite and the emotional harm caused by schoolyard taunting.

The unconscious responds by making the same rule for each situation: avoid the thing that harmed you, dogs in one instance and bullies in the other.

Because your brain isn't developed enough to rationalize that not all dogs will bite you and not all schoolmates are bullies, you might end up with a lifelong fear of dogs or a limiting belief about not being able to make friends.

All limiting beliefs are formed in a similar fashion. They're all defense mechanisms your unconscious creates to protect you when you're not old enough to protect yourself.

That's why they don't normally develop in adulthood, when you're old enough to roll your eyes at the person being mean and deal with the strange dog that bit you and still go home to your own dog.

They're beliefs, nothing more and nothing less. You can overcome them if you try!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

The Power of Belief

Beliefs are powerful things. They can hold us back or push us forward.

They can help us climb mountains or keep us trapped in the deepest of canyons. Nations have risen and fallen purely on the basis of belief. A belief can make your day or destroy your life. That's the power of a belief.

It's also the secret to their undoing. Because a belief is just that -a belief.

Just because someone believes something doesn't make it real. It's not necessarily a fact in the objective sense; in fact, most beliefs are partial or half-truths at best. A belief gets its power from the fact that you believe it and not from any objective reality.

What happens if you cease believing in something? It loses its power.

A belief has no power over you if you stop believing in it. It becomes a dead belief; something else comes to take its place. If a commonplace belief has enough people stop believing in it, then an entire culture or country can change.

How does this apply in your own life? The most powerful beliefs you have in your mind are your limiting beliefs -those beliefs that tell you the rules about what you can't do, what your limitations are, that hold you back from reaching your goals.

Everyone has these beliefs. They're powerful defense mechanisms created by your unconscious to protect you, but now they're causing you more harm than good.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

The Power of Belief (continued)

Do you want to improve your life? Do you want to make your dreams come true? You're going to have to confront and get past your limiting beliefs to do it.

These beliefs are powerful and hard to break, but remember, they are just beliefs. They aren't true anywhere except in your head.

This means you have the power to change them.

You can get rid of them and replace them with something new -beliefs that empower you, challenge you, and uplift you instead of drag you down!

Once you've done this, your limiting beliefs will become dead beliefs and you won't have to worry about them again.

Start by identifying what your limiting beliefs are. Come up with ways to turn them into empowering beliefs.

Make these new beliefs into mantras that you repeat until you're convinced of their validity.

Start acting as if these new beliefs are true. Remember, they're just beliefs - you can make them true with the power of your thoughts.

Eventually, they'll become true in your mind and your limiting beliefs will go wherever it is all dead beliefs go.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Rituals to Help Shatter Limiting Beliefs

When you're working to overcome limiting beliefs, anything that might help is welcome.

One of the more surprising things that might help is a ritual to let them go.

Rituals have a powerful effect on the human mind. They reach right past your conscious mind to impact your subconscious.

For this reason, rituals are a good choice to help you shatter your limiting beliefs. The three rituals below are common ones that are easy to try.

Burning Away Ritual

Fire holds a special place in the human psyche, possibly because of its ability to push away the dark. This characteristic gives it extra power in rituals.

This ritual is easy to perform but can be emotionally wrenching. That's a good thing -it means it's helping.

Take a sheet of paper out and write down each of your limiting beliefs. Now find a fire.

It doesn't matter what kind of fire -a fireplace works as well as a campfire.

A grill also works. Crumble the paper and throw it into the flames. Imagine your limiting beliefs being burned along with the paper and feel them go.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Rituals to Help Shatter Limiting Beliefs (continued)

Giving Them to the Water Ritual

This ritual represents giving your limiting beliefs to water and letting them drift away from you, never to bother you again. It's quite similar to the Burning Away Ritual above. Write down your limiting beliefs on a sheet of paper.

Find a body of water, preferably a flowing body, such as a river, stream, or the ocean. Cast the paper into the flow and watch your limiting beliefs disappear.

Use compostable paper to make this ritual more environmentally friendly. You can even buy paper impregnated with flower seeds so that blooms will grow from your past wherever the paper washes up.

Cut the Cord Ritual

Your limiting beliefs literally bind you to the past. This ritual symbolizes cutting their hold over you by cutting a cord. Find a piece of yarn or cord, preferably black. Write your limiting beliefs on one sheet of paper and your new, empowering beliefs on another. Attach one sheet to each end of the cord.

Stretch it taut. Cut (or use a candle to burn) the cord in the middle. Throw out the half holding your limiting beliefs. Keep the other half as a reminder of how far you've come.

If you don't like any of these rituals, feel free to create your own. Unlock the power of ritual to help you defeat your limiting beliefs today!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How to Build Self-Confidence

Self-confidence is one of the most important keys to achieving success in your life, no matter how you define it.

Many limiting beliefs also center around self-confidence, which makes building up your self-confidence even more important.

Here are 9 tips to help you build confidence in yourself and overcome your limiting beliefs.

1.) Look at everything you've already achieved.

No matter your age or your place in life, there are bound to be things you've accomplished.

It doesn't matter how big or small they are -they all count. Take a look back at these to remind yourself that you have done hard things before and can do them again.

2.) Think of Things You're Good At

You're bound to have some skills and talents. Everyone does. Make a list of all the things you're good at to help give you a boost.

3.) Surround Yourself with People Who Believe in You

The confidence other people have in you will help increase your confidence in yourself. The people who love you will be your biggest fans if you let them!

4.) Practice positive Self-Talk

The way you talk to yourself has a lot to do with how you feel about yourself. Practice talking to yourself positively and you'll gradually build both your self-confidence and your self-esteem.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How to Build Self-Confidence (continued)

5.) Do Something That Makes You Happy

It doesn't matter what it is; the boost you get from doing something you love will increase your self-confidence. If you're not sure what to do, make a list of things that make you happy and choose something.

6.) Don't Compare Yourself to Others

You're a unique individual with your own unique gifts and skills. Comparing yourself to others is a sure way to bring down your confidence in yourself. Focus on what you can do and you'll be much happier.

7.) Take Care of Your Body

Exercising and eating right is as important to your mental health as your physical health. Research has shown that it also improves your self-esteem and self-confidence.

8.) Face Your Fears

Everyone has fears. Avoiding them might seem the best option for keeping your self-confidence high, but the opposite is actually true. Avoiding the things you fear depresses your confidence in yourself -if you thought you could handle the fear, you wouldn't avoid it. Facing your fears will boost your self-confidence.

9.) Get Enough Sleep

Sleep is a major factor in how we feel about ourselves and other people. Make sure you get enough sleep, and your self-confidence will be much higher.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How Limiting Beliefs Give You False Benefits

Limiting beliefs are beliefs your mind holds to be true but aren't. These are beliefs about yourself, other people, and the world around you that can keep you from reaching your goals, ruin your relationships, and cause you a whole lot of pain. They can make you broke, lonely, and even cause anxiety and depression. So why do you believe them?

Think about it. These beliefs are clearly harmful. They cause real, lasting harm, and they're so ingrained that you can't just say "well, that's silly," and move on.

Your unconscious will fight you if you try to discard them. Why? Why do you hold onto something so harmful? Why would your mind do something like that to you?

The answer is something called false benefits. This is something your mind sees as a benefit that is actually harmful.

Your brain's number one objective is to keep you safe; it's not going to deliberately do something to harm you. Therefore, it holds onto these limiting beliefs because there is something about them -some benefit it thinks you get -from doing so.

Recall that your mind has two parts: a conscious, rational part and an unconscious that doesn't think or understand logic.

The conscious part of your brain understands that these limiting beliefs are harming you, so it's the unconscious mind -the part that can't be reasoned with -that thinks otherwise. Your unconscious mind believes there's some benefit you get from your limiting beliefs that overrides all the harm they do.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

How Limiting Beliefs Give You False Benefits (continued)

Limiting beliefs are a defense mechanism the unconscious mind creates to protect you. They begin in childhood when your rational mind isn't developed.

You have a bad experience that would be no big deal to an adult, but your developing brain can't rationalize it yet, so your unconscious mind creates a limiting belief to prevent the experience from recurring.

Now that you're an adult, you can handle these issues appropriately, but that part of your brain is still convinced that you can't.

It thinks you're better off spending your life alone than facing the pain of being rejected if you ask someone out or working a dead-end job than risking failure trying to climb the ladder, and so forth.

Your unconscious believes that it's doing its job of protecting you.

That's why overcoming your limiting beliefs can be so difficult.

You've first got to overcome the objections of your own mind. You can do it, though. And the effort is worth the outcome!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Meditation Can Help Overcome Limiting Beliefs

The ancient practice of meditation has been shown to help many things, from calming nerves and depression to reducing stress levels and improving overall health.

It can also help you overcome your limiting beliefs. How can it help?

Meditation helps you quiet your mind.

It helps you calm all the turmoil in your mind and remove all the clutter of your daily life.

It gets rid of the noise that you use to hide who and what you are and forces you to face yourself.

This brings you in direct confrontation with your limiting beliefs, and it's in this quiet space of self-reflection that you can most easily interact with and change your unconscious.

The chorus of negative voices within and without all go silent when you meditate. It's just you and your thoughts.

This helps you see the truth behind all the negativity.

Meditating regularly helps you learn to ignore those voices instead of battling to suppress them or argue with them.

Eventually, they'll go away entirely.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Meditation Can Help Overcome Limiting Beliefs

You can also discover limiting beliefs you didn't know you had through meditation. When you meditate, you pay attention to the constant stream of thought that runs through your head. You'll begin to see patterns in your thoughts, both positive and negative.

The negative patterns come from your limiting beliefs. Most of them you'll recognize if you've been doing this work for a while, but they can also reveal new limiting beliefs. Once you've identified them, you can begin the work of overcoming them.

Meditation can even help you overcome your limiting beliefs about other people. When you meditate, you can see your thoughts about both yourself and others.

You become able to look at the world beyond yourself. Some forms of meditation even focus specifically on cultivating thoughts of love and kindness towards others, which is a great practice for overcoming limiting beliefs about other people and the world!

If you want to start a meditation practice, you don't need to join a group or get any equipment. All you need is a spot to sit, some clothes, and a timer. The basic form of meditation just involves sitting still, breathing deeply, and letting your thoughts flow.

Notice them as they come and go without trying to direct them or counter them. Start with short meditation sessions of 2-3 minutes. When you can do those regularly, increase the length. Aim to eventually reach 10–15-minute sessions three or more times a week.

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Learning to Love Yourself

You've probably heard that it's important to love yourself, especially if you want to overcome your limiting beliefs.

But what does it mean to love yourself? And how can you do so?

Loving yourself is about taking care of yourself, being gentle with yourself, not berating yourself for your mistakes, and not judging or punishing yourself for failures.

Above all, it involves accepting yourself for who you are.

Self-love will enhance both your self-esteem and self-confidence, lower your anxiety and depression, and make you more optimistic, all in addition to helping you overcome your limiting beliefs.

These tips will help you learn to love yourself.

1.) Embrace Imperfection.

No one is perfect. Striving for perfection will surely make you frustrated with yourself. Accept that you're imperfect -just like everyone else.

2.) Live in the Moment

Don't worry about the past or the present; live for today. Embrace the power of the present. (This doesn't mean that you don't pay your bills or plan for the future; it means you don't dwell on the past or the future).

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Learning to Love Yourself (continued)

3.) Ditch Society's Expectations

Society has a lot of expectations for you and your life. So do your friends and family. None of them have to live your life. Discard the expectations others have for you and set your own. You'll love yourself more and be a lot happier.

4.) Take Good Care of Yourself

It's easy to neglect self-care when you feel down or bad about yourself. Try not to do this. If you do, forgive yourself and work to get back on track. Doing the things that are good for you -eating right, exercising, taking needed medications -are important acts of self-love. Remember that love is a verb!

5.) Learn To Say No

This simple word hides a whole lot of meaning behind it. Most people have a hard time saying no to things, especially those they feel obligated to do.

Setting healthy boundaries is an important step to loving and taking care of yourself. The most important step in boundary-setting is learning to say "no" when something doesn't fit, or you don't want it.

6.) Don't Compare Yourself to Others

There's never been anyone like you in the past and there never will be again. Don't waste your one precious life comparing yourself to other people. Focus on nurturing your own gifts and talents and pursuing your own dreams.

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5 Ways to Build Your Self-Esteem

Building up your self-esteem is another important step on the road to overcoming your limiting beliefs.

Sometimes poor self-esteem is at the root of limiting beliefs; other times the reverse is true, and your limiting beliefs cause your low self-esteem.

Regardless, the route to fixing both issues involves increasing your self-esteem. Here are some ways to do that.

1.) Accept yourself for who you are

Stop trying to pretend or make yourself into someone else. You're you and no one else; work on accepting that. It's a good thing! You're the only person like you in the whole history of the world. You have your own unique gifts, talents, and skills. Accepting those will lead you to the life you were meant to lead.

2.) Practice positive self-talk

You talk to yourself in a running stream all the time. Pay attention to what this self-talk is like. Is it mostly positive or negative? Chances are, it's the latter.

Start deliberately using positive self-talk as often as you can. When you notice yourself using negative self-talk, gently correct it. Over time, the positive self-talk will come to dominate the bad, which will gradually fade away.

3.) Learn to accept compliments

Does being complimented make you cringe? You're not alone; it's a common problem. When someone gives you a compliment, don't correct it or brush it off. Just say "thank you" and accept it as a positive, and it'll boost your self-esteem.

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Self-Sabotage: Limiting Beliefs Holding You Back?

5 Ways to Build Your Self-Esteem (continued)

4.) List your successes

When you're feeling bad about yourself, take the time to make a list of all the things you've succeeded at in life.

List both the small and the big things. It doesn't matter what's on the list. Study it and remind yourself that you did all of those things!

You have worth and are a valuable person. Keep this list handy to refer to whenever you need a quick boost.

5.) Practice Good Self-Care

Taking care of yourself is good for your self-esteem and your health.

This does mean trying to eat right and exercise, but it means more than that too.

Good self-care means learning to set boundaries and say no, it means doing what's right for you instead of what others expect of you, it means taking the time and actions necessary to make you feel good about yourself.

This is hard to do when you're dealing with low self-esteem, but that's when it's also most vital.

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How Self-Care Helps You Overcome Limiting Beliefs

Self-care is important for both your physical health and your mental health. Did you know it's equally important in helping you overcome your limiting beliefs?

Some people mistakenly think self-care is selfish; it's not. You need to take good care of yourself if you want to be the best version of yourself. You also can't take care of other people if you don't take care of yourself.

Limiting beliefs can sabotage your self-care, and prioritizing self-care can help you overcome your limiting beliefs. The benefits go both ways.

Self-care helps you overcome limiting beliefs in two important ways.

Good Self-Care Means Acting as if You Matter

Many of us are go, go, go, pushing ourselves to get everything done and taking care of everyone and everything else. Who gets pushed to the back of the line when this happens? You do.

This isn't good for you in any way. It also sends subtle signals to your mind that you don't matter, that of all the things that matter in your life, YOU are the least important and can be tossed to the side.

Good self-care does the opposite. It tells your mind and your body that you matter, that you're important, that you are worthy of being taken care of.

This reinforces all the other work you're doing to overcome your limiting beliefs. It also enhances your self-esteem and self-confidence and makes you healthier. There's no downside!

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How Self-Care Helps You Overcome Limiting Beliefs (continued)

Good Self-Cares Makes You Feel Better

When you don't take proper care of yourself, you get run down, physically and mentally. You're tired.

You might put on weight. Your health suffers. Your outlook on life becomes negative.

Even if you don't notice it, you'll be "off" until you start putting yourself first.

What does good self-care do? It lets you show up being your best self all the time. You have more energy, more stamina, think clearer, and generally feel good.

This lets you do the things you want to do, including the work needed to overcome your limiting beliefs.

What Is Good Self-Care?

Good self-care doesn't just mean eating right and exercising. It means doing the things that you need to do to make you feel like your best self.

Getting enough sleep.

Making time for your hobbies. Prioritizing any spiritual practices you believe in. Socializing with family and friends.

Finding work you love. Going to the doctor and the dentist when you need to. These things all count as self-care.

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10 Tips for Changing Your Mindset

Are you working to change your mindset but having a hard time?

This list of ten tips will help you change your mindset and improve your mind.

1.) Start Small

You don't want to overwhelm yourself with changes. Start off by making a list of the things you want to add or change to help improve your mindset. Pick one or two to begin with. Add something new every few days or once a week.

2.) Get Comfortable with Failure

You're going to fail a lot. Get used to it. That may be a difficult proposition, but it's necessary. What should you do when you fail? Get up, analyze why, take some time to process the failure, adjust where necessary, and try again.

3.) Try Something New

Make this a regular habit. Try to do something new at least once a week. You can make a list and start marking things off. You can also try courses to learn new skills.

4.) Practice gratitude

You have a lot of blessings in your life. Be thankful for all of them every day. Gratitude makes you happier and helps shift your mindset.

5.) Focus on your "Why"

Why are you working so hard? What's the motivating force behind it? Focus on that when things get difficult.

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Self-Sabotage: Limiting Beliefs Holding You Back?

10 Tips for Changing Your Mindset (continued)

5.) Focus on your “Why”

Why are you working so hard? What’s the motivating force behind it? Focus on that when things get difficult.

6.) Use Positive Affirmations

Make a list of 5-10 positive affirmations that resonate with you and use them daily. You can say them silently, aloud, or write them down.

7.) Start Journaling

Journaling is a great way to jumpstart your personal development. The mental and physical process of getting your thoughts onto a page makes permanent changes to your brain if done regularly. If you don’t know what to write, buy a journal that comes with writing prompts.

8.) Volunteer

Helping other people makes you feel good. It improves your self-esteem and the way you view your own circumstances. It also gives you a mental boost that can last for days.

9.) Make Positive Friends

The people you surround yourself with have a strong impact on your well-being. Start making friends with other positive people and your own mindset will improve.

10.) Exercise

Exercise physically clears toxins out of your body. It also flushes out stress and anxiety and boosts your mood. The boost lasts for hours and can contribute to a permanent change in your mindset. Becoming physically healthier also naturally lends itself to an increase in mindset.

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Fix Your Limiting Beliefs to Fix Your Life

Limiting beliefs don't have to control you. They don't have to impact your life and limit your opportunities.

You don't have to accept them and the limits they put on your life. The negative consequences they inflict on you aren't inevitable; they can be mitigated and even reversed.

It's not your fault you have limiting beliefs. Everyone has them, remember. They develop during childhood. No one reaches adulthood without having some limiting beliefs.

What you do now that you know about limiting beliefs and the effects, they have on your life is your responsibility, however; if you don't want to accept them, don't.

Do you want to fix your life? Do you want to get "unstuck" and achieve success?

Do you want to make your dreams come true? Then you need to fix your limiting beliefs. You need to overcome them in order to move on and get where you want to be in life.

If you don't, you will be stuck until you decide to make the change.

Some people are lucky and get over their limiting beliefs without even realizing what they are.

But for most of us, it requires work and dedication.

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Fix Your Limiting Beliefs to Fix Your Life (continued)

The first step is identifying your limiting beliefs. Write them down. Take another sheet of paper and rewrite each one as a new, empowering belief.

Turn these new beliefs into mantras. Repeat these mantras every day, several times a day. Go from “I can’t” to “I can.”

Take action as if the new beliefs are true. Put them to work. This will scare you. You’ll probably fail at it the first time. That’s okay; it happens to everyone. Sometimes more than once.

The most important thing is that you don’t give up! Forgive yourself for the setback, figure out why it happened, and try again.

Gradually, your limiting beliefs will come to be less and less a part of your life. They will slowly be replaced by the new beliefs, which will become true.

The old beliefs might occasionally rear their ugly heads, but you’ll know how to deal with them.

This will naturally lead you closer to being your best self and living the life you want to lead.

You don’t have to put up with your limiting beliefs.

They don’t have to become a permanent part of your life. You can overcome them. You just have to have the will and the determination.

Fix your limiting beliefs, and you’ll fix your life.

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About the Author



Originally from Harrison, Arkansas. Lana graduated from Ouachita Baptist University with a BA degree in physical education. She worked with many families during the years as a helper and nanny for many children. She has a heart and love for children. She worked as a physical education teacher at Faith Christian School for a year when she moved to Port St. Joe.

After many years of working with children, while living in Port St. Joe, she went back to school and graduated from Kaplan University with her BS degree in information technology and her MS degree in information technology. She also received her PhD in information technology with a specialization in IT education.

Today Lana resides in a small coastal community, loves living by the water and walking on the beach. Her days are centered on her faith, her business www.givingjesus.com and writing her books. Her favorite pastime is coloring and creating her craft projects.

Her favorite quote to live by is "Every strike brings me closer to the next home run" (Babe Ruth).

www.givingjesus.com

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