

LIMITING BELIEFS

Limiting beliefs create a structure around your experience that narrows the outcomes you believe to be possible.

Why It Matters

Limiting beliefs are like stones weighing down your sense of self-efficacy. Many of these beliefs take root in childhood or adolescence, often passed along by parents or close loved ones who may have intended to protect or guide us. Because we trusted them, their words felt true. Over time, we repeat these beliefs to ourselves so often that they begin to feel unquestionable. We rarely pause to examine their truth or context.

Reframing Limiting Beliefs

Do any of these sound familiar?

- "Only the rich get richer."
- "Money is the root of all evil."
- "Work is supposed to be miserable – that's why it's called work."
- "It's too late to start over."

This list is certainly not exhaustive. Vocational beliefs like these don't define you. You are not your thoughts, so you can question the limits you've placed around your experience. You can turn your perspective towards a more hopeful and abundant path.

On the following page, you will list those beliefs holding you back. The awareness alone is powerful progress, but regular promotion of new, affirming beliefs will contribute to heightened confidence and an abundance mindset.

CHALLENGING LIMITING BELIEFS

Breaking your brain out of the box.

Old Limiting Belief

List the beliefs you currently hold about finances and money.

Test Questions

For each statement, ask yourself the following:

How is this belief limiting you?

Do you have evidence to support this belief?

Do you have evidence that refutes this belief?

Do you want to keep this belief, or reframe it?

Remember, you determined what you believe you can do on page 10. That information may be helpful as you test your limiting beliefs.

AFFIRMING NEW BELIEFS

Expanding for abundance.

Reframing Limiting Beliefs

Write new vocational affirmations on the lines below. These more positive statements will broaden the outcomes you allow yourself to imagine.

Refer to these new statements often as you work on changing your mindset. It will take time and practice, but as your brain adjusts to its new freedom, you'll begin to notice possibilities that you might otherwise have missed.