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## Self-Limiting Beliefs

Self-limiting beliefs are assumptions or perceptions you have about yourself and about the way the world works. These assumptions are “self-limiting” because in some way they are holding you back from achieving what you are capable of.

The following approaches are ways of exploring these beliefs and their impact on your success.

## Blame-Free Analysis

When you have failed to meet your goals, ask these questions to find patterns of behavior.

Goals Not Met	Goal 1	Goal 2	Goal 3
Caused by External Factors?			
Caused by Your Own Behavior?			
What Could Have Been Done Differently?			
What Held You Back?			
What Were You Afraid Of?			
What Were You Worried About?			
When Has This Same Problem Occurred Before?			



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## Time Travel

Many beliefs are formed early in life, make notes on early experiences and belief formation.

	Family Upbringing	School/Community	Identity
Values			
Risk Taking			
Possibilities In Life			
Contradictions			

## Connect the Dots

Look for patterns between the two sets of notes and find some causes and effect.

- What early beliefs might you still hold, and how could they explain some of the actions you are taking?
- Could any of them be limiting beliefs that no longer serve you?
- Could they be responsible for the problems you identified in your blame-free analysis?

## Overcoming Self-Limiting Beliefs

Look for patterns between the two sets of notes and find some causes and effect.

- Understand Their Purpose
- Question Them
- Laugh At Them !
- Formulate New Beliefs
- Retrain Your Brain
- Get Inspiration

This is an iterative process and can be lengthy. Beliefs take a long time to form and cannot be changed overnight. Stick to it and work at it consistently to make real, positive changes in your life!

