



LIMITING BELIEFS

IDENTIFY WHAT'S HOLDING YOU BACK FROM ACHIEVING YOUR FULL AND AUTHENTIC POTENTIAL, AND LEARN THE PROCESS TO LET GO AND LIVE A LIFE WITHOUT LIMITS.

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LIMITING BELIEFS

A note from your coach...

At moments throughout our life, and for many almost on a daily basis, we experience the feeling that we can't achieve something we're aiming to achieve. Whether that be a long term goal we're maintaining, a difficult conversation we need to have but are putting off, or a piece of work that we need to start but keep seeming to procrastinate. These examples and many others are all the result of limiting beliefs.

A limiting belief is a belief we have about ourselves that holds us back from doing something, the sad thing is, these beliefs are often, if not always, untrue.

Like a caged bird, we sit gazing through bars, at the outside world. Dreaming, what if...

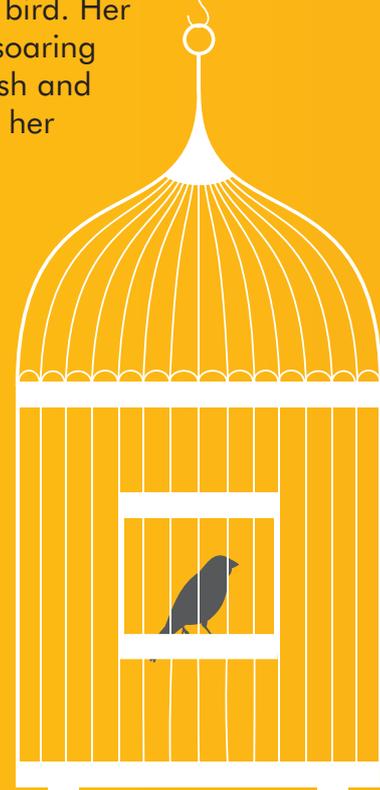
One day the cage door opens and the bird sits, anxious and absorbed by the fear of what is on the outside, the unknown. Conscious of the cat that often sits menacingly licking its lips at the foot of her cage. She feels comfortable in her cage; it isn't so bad here. Her needs are met; she's fed, cleaned, and safe. Life outside the cage provides some occasional distractions. She sits and seeks to answer 'Why risk venturing out?'

The following day the cage door opens and the bird is visited by another bird. Her visitor sits on the windowsill and talks of her adventures. Her days spent soaring through the skies, perching on the trees and her trips to the seaside for fish and chips. She listens, fascinated by this bird's life outside the cage, admiring her braveness. She ponders on the thought that birds can live a life outside a cage but she resolves that her visitor is in her rightful place and she is in hers. She sits and seeks to answer 'Why not venture out?'

On our final day the cage door opens, no friend visits and she sits, not on her perch, but in the doorway of her cage, once again, she dreams, what if...

She begins to list the reasons she can't leave, and her imagination drifts and creates horror stories of what could happen if she did leave her cage. She continues to list the reasons a life outside the cage is a life for other birds and not for her, and her imagination drifts to create stories of how it's easier for others, they have what they need to be free. Finally, she lists the reasons she doesn't deserve a life outside a cage, or the chance to soar free, and her imagination drifts to the lives of others who claim a life they desire, and feel entitled to.

But as she lists, she dreams, what if...



To some extent we're all caged birds, some of us have bigger cages, some of us venture out more but many of us feel trapped by the limiting beliefs we have about ourselves. Believing:

- *It's not possible*
- *I can't do it*
- *I don't deserve it*



Limiting beliefs are those which constrain us in some way. Just by believing them, we do not think, do or say the things that they inhibit. And in doing so we impoverish our lives. We may have beliefs about rights, duties, abilities, permissions and so on.

A life lived within limits is not a life lived fulfilled. Now, I know society places limits on our behaviour and as we continue today's activity I make the hopeful assumption you're the type of person who wouldn't want to murder, steal or commit any other criminal act. Limiting beliefs are the internal thoughts which inhibit what you're willing to commit to or do.

Many of our limiting beliefs have been held for a long time and once a limiting belief has been created we often construct our lives to avoid breaching the belief. If we believe we're not confident, we'll avoid activities that push us out of our comfort zone. If we believe we can't be happy, we will seek out opportunities to evidence that our lives are bad. Here's the key with a limiting belief, they have power because we give them power and they increase their control because we actively seek situations and make decisions that create memories of our limiting belief being correct. Almost like adding salt to the wound.

Like the bird in the cage, once bound by the bars, now we're breaking free.



BELIEF BUSTING...

Let's first remember limiting beliefs aren't there to hurt you, the human brain is complex and creates limiting beliefs in order to protect you from doing something the brain has registered as you not wanting to do. That's the reason limiting beliefs are usually formed after a specific memory.

LIMITING BELIEFS USUALLY COME FROM ONE OF THREE AREAS:



Review the limiting beliefs you listed in the last activity and categorise them each under one of these three headings; possibility, ability, or worthiness. Remember, you might have a whole host of images, memories and past decisions which evidence the limiting belief but this is simply false-evidence and not the actual reason you can't, are unable to or don't deserve to.

Now you have categorised your limiting beliefs, let's move on and begin the process of decreasing their power. You undo limiting beliefs by asking them questions and breaking them down, gaining a greater understanding of why they exist and what purpose they serve. Ask your categorised limiting beliefs the question specific to their category.

Following this activity, you should be feeling a little more in control of your limiting beliefs and gaining options to overcome their impact on you achieving balance and success in all areas of your life, including the goals you have begun to set through your workbook.

A note from your coach...



There are many people, myself included, who practice the art of affirmation and I would urge you to join me each day in exclaiming:

POSSIBILITY

What would make it possible? What would I need to do to make it possible? Who else has managed to do it and how?

ABILITY

What would I need to be able to do to do this? What knowledge, skill, quality or behaviour do I need? How will I get it? What do I need to learn, the learning of which will free me to change and achieve?

WORTHINESS

Why don't I deserve this? What might you need to let go of in order to move forward? Is the voice in my head my voice or does it belong to someone else I know? If someone else, what reason are they telling me I don't deserve this?

*"It's possible,
I can do it,
I deserve it!"*





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