

A Checklist

# Getting Past Limiting Beliefs

To Live a Fuller, Richer, More Fulfilling Life



*Presented by*

**Women in Ecommerce**

## **What are Limiting Beliefs?**

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. (source: [changingminds.org](http://changingminds.org))

Most of us have beliefs which limit us in some ways, impoverishing our lives and preventing us from achieving our true potential.

## **Beliefs can be cataloged into three general types...**

### **Limiting Beliefs about Others**

\_\_\_ What are some limiting beliefs that you have about others?

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### **Limiting beliefs about yourself**

What are some limiting beliefs that you have about yourself?

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## **Limiting beliefs about circumstances**

What are some limiting beliefs that you have about circumstances?

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**Here's how to overcome these and enable and empower your life and those of others.**

To overcome limiting beliefs you have to isolate the belief. You can do this with this step by step process:

\_\_\_ Step 1: What do you want to create in your life?

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\_\_\_ Step 2: List all of your limiting beliefs, doubts and fears about creating what you want in life

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\_\_\_ Ask yourself if the belief is really true?

\_\_\_ Determine the source of the belief - Think back to when you first had the belief. When did you first believe this? What happened for you to believe it?

\_\_\_ Step 3: Give each belief a name (such as fear of success, fear of finding a mate, etc) \_\_\_\_\_

\_\_\_ Step 4: Assign a number for how strong these fears and beliefs are - from 10 to 1 (the intensity of the hold they have on you)

\_\_\_ Make a list of all the reasons you don't believe you will overcome that belief.

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\_\_\_ Now make a list of reasons you believe you will (or can) overcome that belief.

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\_\_\_ Form Empowering Beliefs: Next to each belief create a positive statement that will help you see the belief in a positive light. For instance, instead of ***What if I fail?*** Write this: **I choose to succeed.**

\_\_\_ Keep converting negative thoughts to positive ones.

\_\_\_ Choose to be the way you want to be, instead of being at the whim of external forces

\_\_\_ Say to yourself, "*I don't believe this anymore, it's not true!*"

Imagine being free from the belief. How would your life change?

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Replace the limiting belief with one that counteracts it.

Observe your new feelings, behavior and results.

\_\_\_\_ **Next it's time to create evidence of success.**

The most powerful beliefs are those that are based on lots of evidence. Now that you have recognized and challenged your limiting beliefs and found empowering beliefs to put in their place, it's time to start creating evidence that your new beliefs are taking over the old ones.

Start simple. If talking to strangers is something you believed you could not do, start with something simple like "thank you." this will begin to prove to you that you can indeed speak to strangers. Follow that with something else like current events, the weather or another 'generic' topic that might interest you.

Finding even small evidence will become an affirmation that you can indeed achieve success in creating positive beliefs. Tell yourself '***I did it!***' Reflect on how you are now a changed person. Know this: when you have done something new, it cannot be undone.

Keep creating evidence until the particular limiting belief seems like a memory. Determination and persistence are critical in this. Do this for each limiting belief until each are a memory and the new belief is etched in your mind and heart. Make it yours.



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