Addressing Limiting Beliefs

Do you know that we might be living with some patterns--some of which, we may not even be aware?

Do you know that there may be some stories or beliefs that we adopted earlier in our lives that we still carry with us today?

“I’m not tall enough.” “I’m too tall.” “I’m awful at being organized.” “I could never do that.” “I’m always too loud.” “I’m always too quiet,” and countless others.

What if some of those stories or beliefs are no longer valid? What if they don’t apply to our lives in this particular day and age? The answer to *this* question is the start of the process of acknowledging and eventually overcoming your limiting beliefs.

According to [HabitsforWellbeing](https://www.habitsforwellbeing.com/what-are-your-biggest-limiting-beliefs/#:~:text=A%20limiting%20belief%20is%20something,other%20people%20or%20the%20world.).com, “a **limiting belief** is something you believe to be true that limits you in some way. The **limiting belief** could be about you, other people or the world.”

What do the limiting beliefs in your life look like? This can be a loaded question, so it may take some time to address. No rush. Feel free to grab a journal and a pen and write down some of those beliefs you feel you have been holding on for *way* too long.

Limiting beliefs just aren’t the ones we set for ourselves. Others can shape those limiting beliefs, project them on us, and we may make them our own.

“You’re not smart enough to finish school.” “You have to have talent to compete for this title.” “I don’t know if you can start a business in this day and age.”

Sometimes, with a good heart, family members and friends can project their own fears and insecurities on the people they love the most. What are some of those things that others have projected on *you*?   
  
Now ask yourself, what if those imposed limiting beliefs are not ours to carry? Take some time for reflection.

At times, it’s not so easy to face those limiting beliefs head on--especially if you’ve been carrying them around for quite some time. If you need some support on how to look those things in the eye and overcome them--reach out to me, your coach, *now*. I’d love to support you on this very unique journey.