

LIMITING BELIEF #10:

I Worry About What Others Think About Me

In the last lesson, you learned how to instill the positive belief that you're worthy of success.

Do you still doubt? Do you wonder what others think about you? Today, we'll look at this limiting belief.

This is one of the most common limiting beliefs that people struggle with. You worry, and even obsess over, what others think about you.

You worry that if you're too successful, people will think you're stuck up. You worry that if you're not successful enough, people will look down on you.

If you stand up for yourself, you worry that people will think you're too assertive. If you try to be a peacemaker, you worry that you'll come across as a doormat.

Worrying about what others think of you can be incredibly consuming. **It can sap your time, energy, and joy.** It keeps you from being productive and often causes you to second guess yourself.

Your limiting belief is that if you do (or don't do) certain actions, others will think less of you.

If this limiting belief is not kept in check, it can become an obsession. It can keep you from pursuing your dreams and cause you to constantly be afraid of what others are thinking.

The fear of what others think can be like a great weight hanging around your neck, dragging you down, keeping you from making forward progress.

REWRITING YOUR LIMITING BELIEF

Now let's rewrite this limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- “I worry about what others will think about me.”

EMPOWERING BELIEFS:

- “What others think of me doesn’t matter.”
- “What truly matters is what I think of myself.”
- “My opinion of myself is the one that counts.”
- “I am secure in who I am.”
- “I avoid striving to make everyone happy.”

The key to rewriting this limiting belief is to realize that what others think of you simply doesn’t matter. In the long scheme of things, does it matter if others think more or less of you? No, it doesn’t.

What truly matters is what you think of yourself.

Your opinion of yourself is the one that counts the most. And as we’ve said before, you are worthy and valuable. That’s the opinion you should have of

yourself. Don't let the opinions of others drag you down. Their opinions hold no weight compared to your own opinion of yourself.

Your new belief is that the opinions of others don't affect you one way or the other.

You are free from caring what others think of you. You are secure in yourself, knowing that you are valuable and worthy. You no longer strive to make everyone happy. Rather, you focus on making yourself happy and ensuring that you're pursuing your dreams and goals.

ACTION STEPS

- Regularly look in the mirror and say to yourself, "I don't have to make everyone else happy. My opinion of myself is all that matters."
- Create a list that says, "People I Must Please" at the top. Leave the list blank as a statement that you're done with worrying about what others think about you.

AFFIRMATION

I refuse to play the people-pleasing game. I affirm that the opinions of others fail to have any sway over me. My opinion of myself is all that matters.

I strive to achieve my dreams and accomplish my goals without worrying what others think about me.

I choose to believe the best about myself at all times. I avoid letting the opinions of others drag me down or pull me off course.

LOOKING FORWARD

Now that you've learned to ignore what others think, let's look at how you treat yourself. You act kindly toward others – how kind are you to yourself? In the next lesson, you'll learn how such kindness can help you reach your goals faster and easier.