

LIMITING BELIEF #12:

I Can Do Everything Myself

In the last lesson, you learned how treating yourself with kindness helps you reach your goals. Today, you'll discover how letting others help you can benefit you in many ways.

In our culture, it's extremely easy to feel like you need to do everything yourself. To feel like you can't ask for help. To feel like asking for help is a sign of weakness. And if you're especially competent, maybe you can do many things without the help of others.

And so, you never ask for assistance. You try to do everything on your own, thinking that if you can get by without the help of others, that it's a sign of strength.

But in reality, not being able to ask for help is a sign of weakness. The truth is that none of us can do everything on our own. We all have limitations, blind spots, and areas of weakness. None of us are perfect or able to accomplish all things on our own.

Your limiting belief is that you can do everything yourself without any help.

We inherently need other people, and your inability to ask for help actually keeps you from accomplishing as much as you could. **If you teamed up with others, your combined strengths would allow you to achieve far more than you could on your own.**

REWRITING YOUR LIMITING BELIEF

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

LIMITING BELIEF:

- "I can do everything without help."

EMPOWERING BELIEFS:

- “I can benefit from the help and assistance of others.”
- “Others have strengths and talents that I don’t have.”
- “I can better reach my full potential with the help of others.”
- “I can’t do everything by myself.”

In order to rewrite this limiting belief, you must come to terms with the fact that you simply can’t do *everything*.

Yes, you may be able to accomplish a lot. But the simple truth is that others have strengths and gifts that you don’t have, and you can tap into those strengths and gifts. You need to utilize the abilities of others.

The more you tap into the strengths of others, the more you’ll be able to get done and the closer you’ll come to actually achieving your goals, hopes, and dreams. If you try to do everything alone, you simply won’t get as far.

Your new belief is that you need the help of others in order to reach your true potential.

Don't try to be a Lone Ranger. You have so much potential, but you need others to help you fully realize it. Ask for help. Utilize the gifts and talents that others have. You'll make so much more progress than if you try to do everything by yourself.

ACTION STEPS

- Write down the names of five people whom you work closely with.
- For each person, write down their unique strengths.
- Seek out at least one person on your list to help you with a current project or task.

AFFIRMATION

Although I am skilled, talented, and capable, I affirm that I need the help and assistance of others. They supplement my talents so that, together, we can excel at any task and even get the job done quicker than I could on my own.

I seek out others to help me at each step of my journey. I avoid trying to do everything myself. Rather, I depend on other people to help me reach my full potential.

LOOKING FORWARD

Do you sometimes feel that you got the short end of the stick when they handed out intelligence? Is it hard for you to learn new things? This belief limits you. In the next lesson, you'll see how to turn that belief into this belief instead: "I have an incredible ability to learn."