

LIMITING BELIEF #14:

I'm Not Ready To Start

Previously, you've worked hard at overcoming limiting beliefs that have the power to stop you. However, what if a belief is keeping you from getting started in the first place? Discover how to get moving in this lesson.

You have something big and exciting that you want to do...but you don't feel like you're ready to launch. You don't feel like you have enough of the pieces in place in order to effectively get started. And so, you wait. And wait. And wait.

You keep trying to get everything just perfect so that you can get started.

However, with this mentality, you'll never actually get started. If you wait until everything is perfect in order to launch, you'll never launch. Because nothing will ever actually be perfect. You'll never get every single duck in a row. You'll never be fully ready to start.

The reality is that, eventually, you just need to get going anyway.

Your limiting belief is that you're not ready to start until everything is perfect.

This limiting belief keeps you from achieving the great things you could achieve. Instead of getting started and then adjusting as necessary, you never get started at all. Your ideas never make it out of the idea stage. You don't take action.

REWRITING THE LIMITING BELIEF

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

LIMITING BELIEF:

- "I'm not ready to start."

EMPOWERING BELIEF:

- “Progress matters more than perfection.”
- “I can always make changes as I go.”
- “If I wait until everything is perfect, I’ll never get started.”
- “I should start sooner rather than later.”
- “I can’t wait around for my dreams to come true.”

You must understand that what truly matters is progress, not perfection. Getting started matters more than getting everything perfect. There comes a time when you simply must hit the “Go” button.

Once you get started, you can make the necessary corrections. You can adjust your course as needed. But if you wait until you feel perfectly ready to launch, you will never launch at all. If you wait until everything is just so, your dreams will die before they ever see the light of day.

Your new belief is that you’ll get started now and make changes as necessary.

It's better to start and to make mistakes than to never get started. You can always fix things along the way. You can always make changes when the time comes.

You absolutely must not wait until the time is “perfect” because there will never be a perfect time to get started.

ACTION STEPS

- Make a list of the *minimum* number of things necessary for you to do in order to launch your idea.
- Each day, work on one of those things.
- Once you've completed the list, launch your idea into the world.
- Make corrections as necessary as time goes on.

AFFIRMATION

I believe in getting started now. I avoid waiting until all things are perfect in order to get started with my idea. I do my best to get things in order, but I refuse to believe the lie that everything can be perfect. I know that nothing can be perfect.

So, instead of waiting, I take action.

*I get started and then make corrections as necessary.
Fear and perfectionism lack the power to hold me
back. I move forward with confidence to achieve my
dreams and create the life I desire.*

LOOKING FORWARD

Yay! By overcoming this limiting belief, you're now ready to launch yourself toward your big goals! Please join us in the last lesson for a course summary and reflection to solidify your new beliefs before you go.