

MODULE 2

SUMMARY AND REFLECTION

Limiting beliefs really do put our lives in a stranglehold. They can lead us to believe that we have limited options to deal with our challenges or that we're limited in doing new things. These beliefs have profound negative consequences and ***eliminating them is one of the best things we can do for ourselves.***

Our limiting beliefs come from a variety of sources: friends, family, teachers, neighbors, religion, the media, and our own interpretation of the world and the events in our lives. In many cases, the source of the limiting belief truly had our best interests at heart. The people around us have a significant effect on us.

By examining those beliefs and asking ourselves some key questions, we can eliminate them. Unless we've experienced something numerous times or we have

the advice of an expert, we don't really have the knowledge to make accurate judgments about something. Be selective about whom you believe.

Installing a new empowering belief is similar to installing a limiting belief, except that the process has intention behind it. A new belief needs evidence to support it before it can be believed. ***A new belief will leave clues in the form of new behaviors and different results.***

Measuring yourself and your life is important. This measurement process is critical, both to see if the new belief is in place and if it is indeed an empowering belief.

By systematically going through all of your limiting beliefs, it's possible to dramatically improve your life. Always remember that new limiting beliefs will occur over time, and it's important to check yourself for these new limiting beliefs.

Life can be relatively easy and simple. ***Deal with your mental obstacles and you'll see those are essentially the only obstacles you have.*** Look at your limiting beliefs today. Your life will never be the same.

SELF-REFLECTION EXERCISES:

Please download, print, and complete the Worksheet, “Are Limiting Beliefs Holding You Back?” from your Additional Resources Box.

Next:

Now that you understand how important your mindset is to your success, the next module gives you a process you can follow to achieve your goals.