



Limiting Beliefs and How To Overcome Them, To Achieve Success

Do your limiting beliefs stand in the way of your success? So many dreams are left unfulfilled every single day. Millions of people shut down their dreams and abandon their desires because they never believe they have what it takes to make them turn to reality.

Humans are dedicated to working on the things they believe will bring the desired outcome. If they have doubts about this outcome, they either do a half-hearted job or do nothing at all, limiting themselves before starting. We create a scenario and we put it on autopilot, over and over, every day. This scenario keeps repeating in our heads and becomes our reality.

This is how our subconscious mind takes over and our limiting beliefs win.

What are limiting beliefs? Our limiting beliefs are our misconceptions about ourselves. These are sown in us in our childhood or even adulthood after a bad experience. Usually, this is how we believe the outside world sees us. When in fact, it is all our opinion about ourselves. For instance:

- I don't have enough knowledge about this
- I don't have enough money to do this
- I don't have the time to do this
- I don't deserve love
- All good people are already in relationships
- I will never find true love
- I'm not talented enough
- Successful people come from rich families
- I can never make enough money
- It takes money to make money

And the list goes on. So how do we tune out this inner voice of ours and do something about it so we can live our lives to the fullest? Can we overcome our limiting beliefs? And if so, how?

It can be done by taking small steps. The first step to overcoming the obstacle is to identify it.

1. Identify your limiting belief. And think of a time in the past when you first felt this way, when you first had this thought. Visualize this event, and try to remember every detail about it.
2. Now think about the consequences of this belief. For instance, the important opportunities you have lost because of this belief. The times you self-sabotaged and stopped yourself from moving forward when you truly wanted it. What is the loss? How did you feel after this loss?
3. Now replace this negative belief with a positive belief. Adopt a positive habit that will boost your self-confidence. For instance, if you have always wanted to exercise, start now, and with each passing day, you will feel prouder of yourself. This boost of confidence will positively impact the other areas of your life. Start small, and be persistent. It takes time, it is not an overnight transformation. Be patient with yourself. Remember will power beats motivation, because its not reliant on emotion but on determination!

Overcoming limiting beliefs is not a pipe dream. It can be done. It is not an easy fix, but it is a permanent shift when you achieve it. When you realize you can turn your life around, you will feel more powerful. A belief is only a belief, for as long as you choose to believe it...

