



Limiting Beliefs

Definition Beliefs we hold about our abilities or potential that can prevent us from pursuing something we want or need.

These beliefs:

- Are formed unconsciously
- Are treated as truths
- Assume that there is undeniable evidence that supports such a truth
- Have a negativity bias (rather than assume we *can* we assume we *can't*)
- Might be excuses, justifications, worries, perfectionist thinking, fears, etc.

Sometimes referred to as a **fixed mindset** voice.

“I’m not smart enough” “I’ll probably just fail at it” “They won’t choose me”

Activity Instead of letting limiting beliefs stop us from taking action, we can identify them, analyze them, and ultimately strip them of their power using *positivity* and *possibility*. Use the following questions to process and let go of limiting beliefs.

1. What limiting belief do you want to work on? *When you talk yourself out of taking action, what do you tell yourself?*
2. What evidence is there (or not there!) that makes this belief true? How might it be informed by assumptions, external expectations, or stereotypes?
3. How does holding this limiting belief serve or benefit you?
4. How does this limiting belief impact your actions? Mindset?

5. What would you predict for yourself if you no longer held this belief?

6. Reverse your belief: _____

Example: I'll probably just fail at it → I will probably succeed.

a) How does this new belief make you feel?

b) How true is this new belief? What evidence is there?

c) If you lived this empowering belief instead, what concrete actions would you take?

7. What other mantras can help you disrupt the limiting belief, and lean into your empowering belief?

“Never believe a prediction that does not empower you.”
–Sean Stephenson

References

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