

IDENTIFYING SELF-LIMITING BELIEFS

A self-limiting belief (SLB) is a thought that an individual holds about themselves, their abilities, or their circumstances, which hinders their personal growth, limits their potential, and prevents them from achieving their goals.

We all have them. In fact, I'm willing to bet SLBs play a larger role in your life than you currently realise. This workbook will help you identify them, and then figure out how to address or reframe them so that you **go from self-limiting to self-enhancing!**

Examples of SLBs

Below are 2 potentially self-limiting beliefs a person might have. For each belief, consider how it might lead to self-sabotage.

1. "I shouldn't make mistakes or show weakness"

2. "You have to be ruthless to succeed in business"

Identify your Self-Limiting Beliefs

In the space below, identify an achievable but aspirational goal that you think it unlikely for whatever reason that you will be able to.

Now think of any beliefs you might have (they might feel more like 'reasons' than 'beliefs') as to why you are unlikely to achieve this goal.

Write these beliefs in the column entitled "Self-Limiting Belief" in the table on page 3.

SELF-LIMITING BELIEFS AND ME

Categorising Self-Limiting Beliefs

To address SLBs, we need to first figure out what sort of SLB we are dealing with. In the second column entitled 'Categories' in the table on page 3, list the categories that your SLBs fall under.

- **all-or-nothing thinking** e.g. "this will either be a complete success or a complete failure"
- **catastrophising** e.g. "this will just get worse and worse and worse"
- **over-generalising** e.g. "my last venture failed, so this one will too"
- **gut feeling over evidence** e.g. "I just don't feel like I can do it"
- **incorrect assumptions** e.g. "all the other entrepreneurs are confident (so i should be too!)"
- **fixed mindset** e.g. "I've always sucked at time management and always will"
- **perfectionist** e.g. "This hasn't gone perfectly, so I should bail!"
- **move the goalposts** e.g. "I need to be able to retire from this product launch"
- **mindreading** e.g. "People will think I am a loser if this doesn't work"

Addressing Self-Limiting Beliefs

The manner that we address self-limiting beliefs will depend on the belief itself and the specific circumstance. Here are some ideas how you can address them. Then in the column entitled 'Addressing / Reframing' on page 3, consider how you can address the SLB.

- Fresh perspective** Discuss the belief with someone you trust. Alternatively, ask yourself the question *"what would I say if a friend thought this and needed help?"*
- What if I still HAD to?** Even assuming your beliefs were true, what if you still had to make it happen? What would you do? Be creative!
- Question generalisations** Question words like *"always", "never", "every", "all"...* Bad past experiences don't necessarily apply to the current situation.
- Develop a growth mindset** Remind yourself that you can learn and grow, Try adding the word *"yet"* on to your SLBs: *"I don't know how to do that...YET!"*
- "I get to" mentality** We often forget that we are lucky to be on this journey. Try converting your SLB from *"Ugh, I have to do this!"* to *"Yes, I get to do this!"*
- Do it because its difficult** We often interpret nerves or anxiety as a sign to avoid something. We at The One Life School encourage our clients to *"follow the butterflies"* - those nerves are usually a sign of growth. Remember, courage is a choice.
- Embrace failure** Failure is inevitable, so rather than trying to avoid it, why not see it as a useful part of any process or role?

ADDRESSING YOUR **SELF-LIMITING BELIEFS**

In the table below, write down your limiting belief and categorise it. Then consider how you might reframe or otherwise address it, as well as what evidence you can draw on to support the updated belief.

Addressing / Reframing		
Categories		
Self-Limiting Belief		