

Discovering Your Self Limiting Beliefs

Module 4



DIRECTIONS: Answer each question as thoroughly as possible. After you've answered every question, develop a list of the Self Limiting Beliefs that you see within your answers. THEN, develop a list that reframes each of those into it's opposite. In the end you will have 2 lists. One, of your self limiting beliefs... and one, of what the opposite of that self limiting belief would sound like.

Describe your upbringing:

- What were your parents or guardians like?
- What were their values?
- What did they teach you about the world?
- What did you learn from them about things like taking risks vs. being safe, what's possible in life and what isn't, what you're capable of and what you're not?
- What about your wider environment, like school, extended family, local community, religious institutions.... What did they teach you about yourself?

- What did you learn about your identity (nationality, gender, ethnicity, economic status, physical appearance, etc.) and how did that affect your sense of possibility?
- Were you ever told things like *"Girls don't do X"* or *"People like us or you can never do Y"*?
- Did you feel confident or lack confidence? Did you feel confident in some areas, but not others? Which ones?
- As you grew older, which of these early lessons did you react most strongly against?
- What have you learned about yourself that has contradicted what you've been taught?

Now Look At Your Answers... What self-limiting beliefs do you see within your answers? What self-limiting beliefs might you hold?

Cause & Effect:

- What **early** beliefs might you still hold, and how could they explain some of the actions you take today?
- Could any of them be limiting beliefs that no longer serve you?
- Could any of them be responsible for the outcomes you've gotten in your life and in your relationships?