

7 Limiting Beliefs Holding You Back (and How to Reprogram Them)



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Hey there!

See that happy lady on the right? That's me!

It was November 2018, and I was floating along the Chao Phraya River in Thailand during the Loi Krathong festival.

During the festival, Thais release beautiful, candle-lit floral arrangements into the water. This gesture pays homage to the Goddess of Water. For many, it also symbolizes letting go of negative feelings, and starting anew.

I was told to make a wish as I dropped my krathong into the water. And wish, I did!

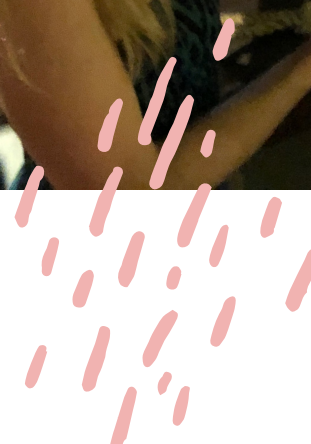
I wished for the courage to go after my dreams. For me, that meant ending my career as an attorney, nurturing healthy relationships, pursuing my passions, and changing my mindset.

That year, I started anew. And I've never been happier.

We can all start anew. Even in the smallest of ways. I hope the cheat sheet below helps get you one step closer to the life you dream of.

XO

–Samantha



If you'd like to clarify and pursue your life dreams without limiting beliefs, you're in the right place! The left-hand column includes common beliefs that may be keeping you from the life you want. The right-hand column replaces each belief with a more empowering one. Practice "flipping the script" for each belief that applies to you, and check each box when done.

If you think this:

Consider this:

☐ There's too much to do and too little time. I feel powerless.



I can take things step by step, and be proud of what I *can* do. If I can't do it all, that's okay! I don't need to be too hard on myself.

☐ I still don't know what to do with my life. I feel lost.



I don't need a single life purpose to find meaning. I can enjoy and explore many things. It's more than okay to not have it all planned out.

☐ I am not as smart, fun, pretty, etc. as other people are.



I am beautiful, unique, and worthy of love. Comparing myself to others does not change this fact. I deserve to live a happy, fulfilled life.

If you think this:

■ It hurt to fail at xyz. I'm not sure I have it in me to try again.



Consider this:

Failure proves I had the courage to "put myself out there." I am now wiser and more resilient. Most fail before succeeding. I can succeed too.

■ I work so hard at everything, and it never seems to be enough for everyone.



Others may not express appreciation, but that doesn't mean I'm not appreciated. I can also express my desire for support.

■ I don't have enough money, time, etc. to do what I truly want.



I can get creative to make space for what I truly want to do. I can wake up earlier, ask for others' support, write down goals and craft a plan, etc.

■ I have no experience with xyz. I feel like an imposter.



Everyone has to start somewhere. I have talents and enthusiasm to share with the world, and I'm able to learn new things and grow.

You're up! Let's see what you've got. :)

I think this:

I can consider this:

