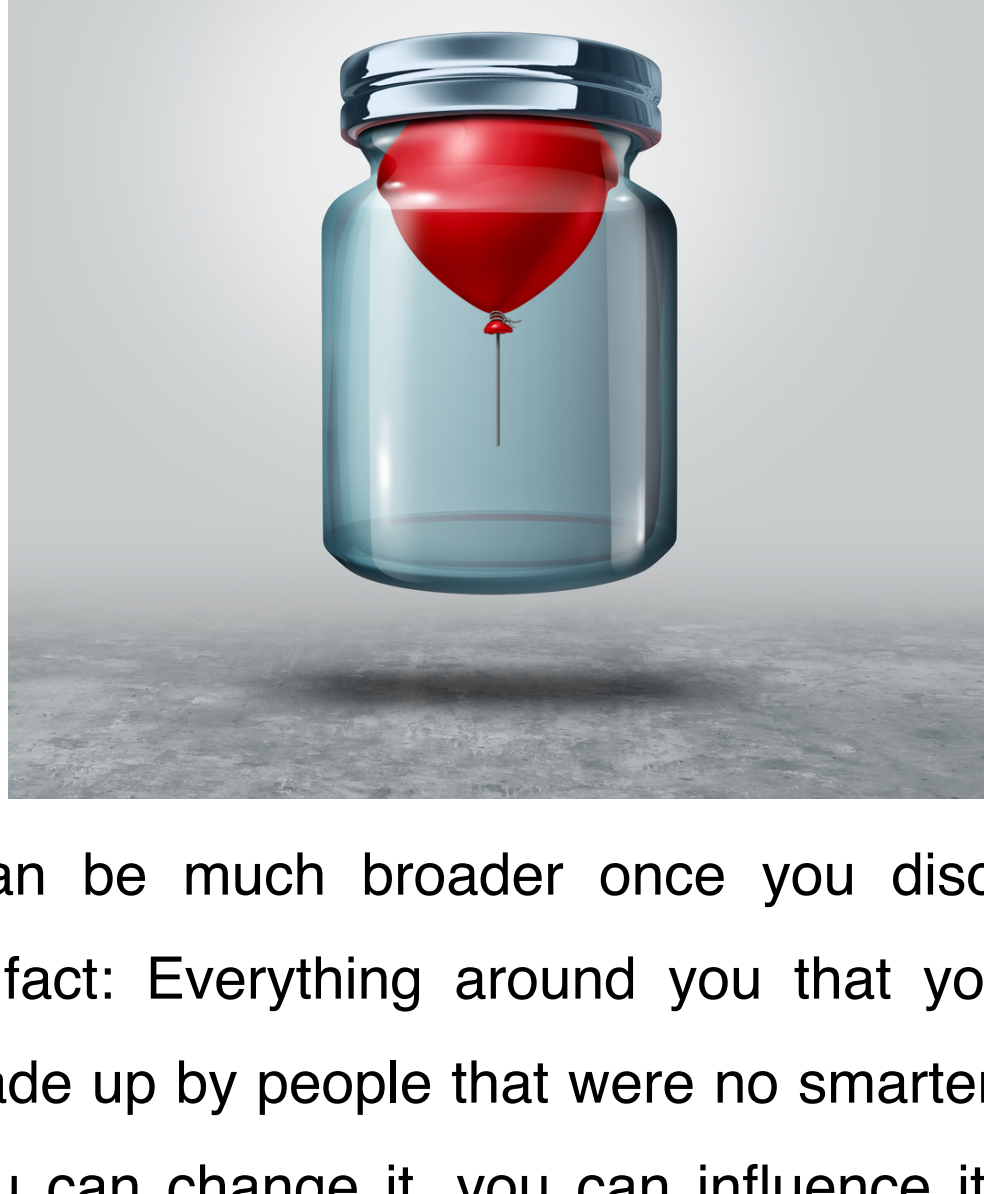


UNLIMITING

YOUR BELIEFS



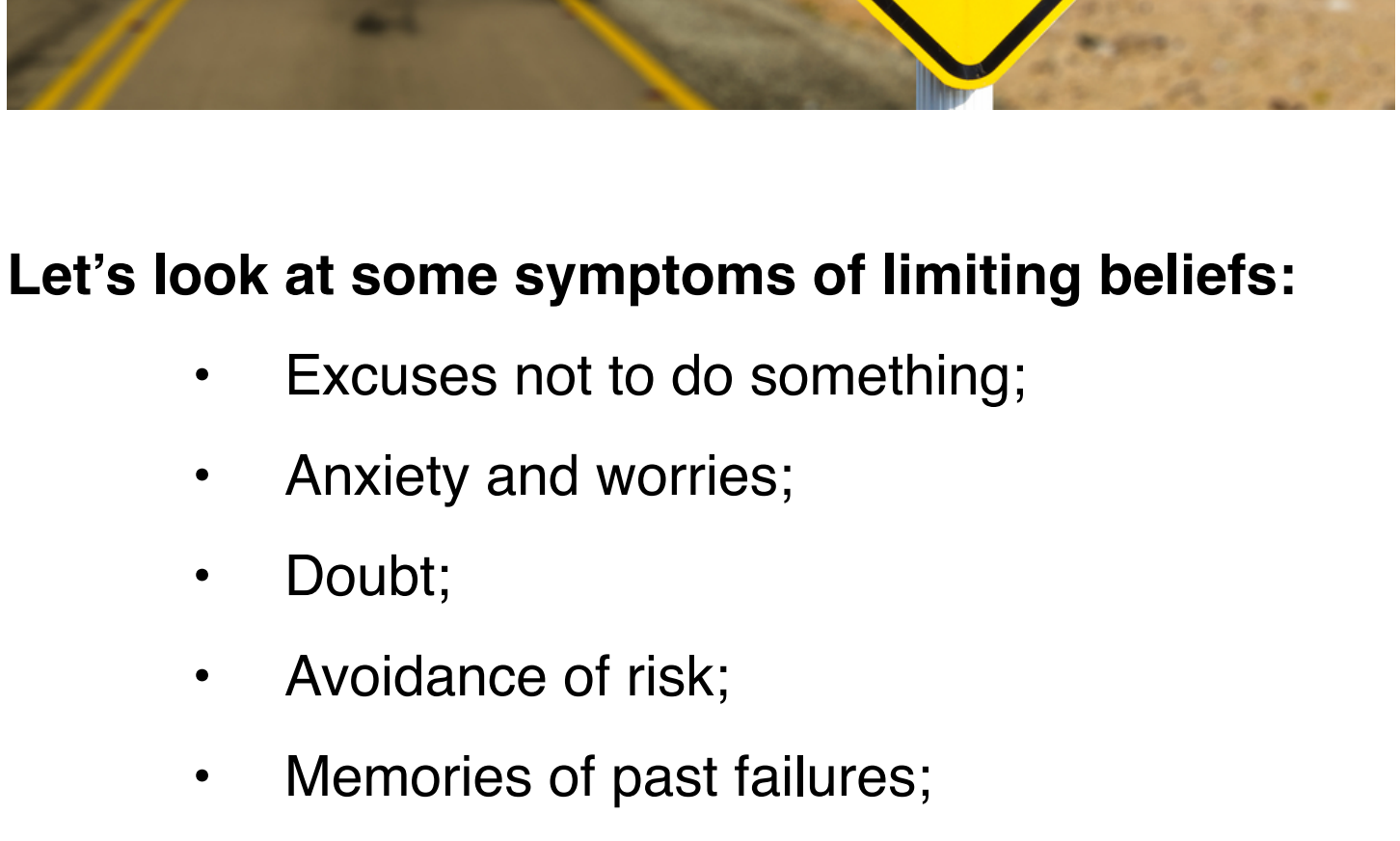
“Life can be much broader once you discover one simple fact: Everything around you that you call life was made up by people that were no smarter than you and you can change it, you can influence it, you can build your own things that other people can use.

Once you learn that, you'll never be the same again.”

Steve Jobs, (1955 - 2011)

We live the life we believe in. If we don't believe we're capable of earning \$1 a minute, running a marathon, or being strong, fit and healthy, we create limits on our abilities dictated by these beliefs. These limits only exist in our minds. Limiting beliefs lower the bar of achievement from remarkable to mediocre.

A belief is simply a thought repeated to the point it becomes true for us. **PEOPLE WITH STRONG SELF BELIEF ACHIEVE EXTRAORDINARY THINGS. THEY HAVE REPEATED EMPOWERING THOUGHTS SO MUCH THAT THEY BECOME POWERFUL BELIEFS THAT CREATE A SUCCESSFUL REALITY.** When others doubt them, it fuels their desire to succeed. This is a mindset, which you can choose to cultivate.



Let's look at some symptoms of limiting beliefs:

- Excuses not to do something;
- Anxiety and worries;
- Doubt;
- Avoidance of risk;
- Memories of past failures;
- Negative or pessimistic thought patterns;
- Limiting self-talk (“I can't do this”);
- Small/ no dreams.

The Belief Program

Our belief system is similar to a computer's operating system. Our subconscious mind stores vast amounts of data about our entire life experience. From these experiences beliefs are formed, programs telling our subconscious how to function. **OUR EXPERIENCES CREATE OUR BELIEFS AND OUR BELIEFS CREATE OUR EXPERIENCES. THESE PROGRAMS FUNDAMENTALLY IMPACT THE WAY WE PROCESS AND INTERPRET INFORMATION, AND OUR BEHAVIOUR.** For example, if you don't believe you can earn \$100,000 a year, your behaviour will match this. Therefore, we need to reprogram beliefs that are holding us back from success.

Our limiting beliefs and thought patterns usually stem from childhood, when a highly emotional event occurred and we then interpreted this event in a particular way, creating an unconscious agreement with ourselves about the world or our abilities. For example, if you had boring maths teachers, and felt terrible when you failed a maths exam, you now believe you're bad at math. If limiting beliefs remain unchallenged, we'll keep on thinking this way. Fortunately, this is a choice.

Exercise: Reprogramming Limiting Beliefs

1) Uncover Your Limiting Beliefs

First, you need to become aware of how you talk about yourself. The language you use reveals big clues about what your beliefs are. Pick a goal you want to achieve, something requiring you to push yourself out of your comfort zone. This could be exercising, talking to strangers, or learning a new language. Thinking of your new goal will uncover negative internal talk, e.g: “I'm not strong enough, I'm too shy, I'm not good at languages, etc.” Whatever comes up, write it down.

It's illuminating to see the beliefs written down in plain sight, because we can see how ridiculous and limiting they are. **AS CARL JUNG SAID, “UNTIL YOU MAKE THE UNCONSCIOUS CONSCIOUS, IT WILL DIRECT YOUR LIFE AND YOU WILL CALL IT FATE.”** Acknowledge that these are simply beliefs, not truth, and they can be changed. Now you need to rewrite the limiting beliefs with new ones.

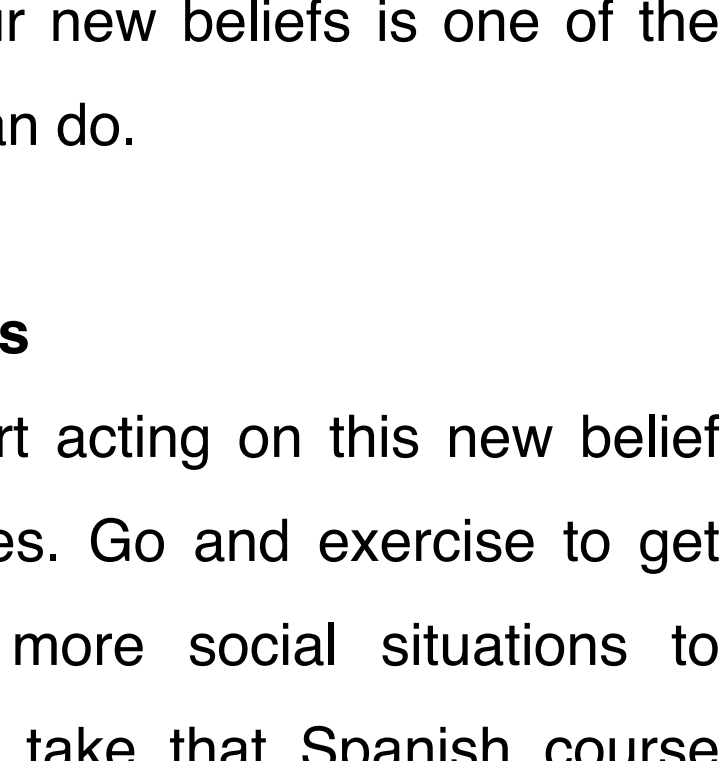
2) Create New Data

Now take your list of limiting beliefs, and rewrite each one. For example:

Limiting Belief	Rewritten Belief
I'm not strong enough	I choose to get stronger
I'm too shy	I enjoy meeting new people in small groups
I'm not good at languages	I choose to make learning a new language fun

Rewrite your belief on paper to one that helps you achieve your goals. For example, the belief “I'm too shy,” could be changed into “I enjoy meeting new people,” or if this is too much of a leap, “I enjoy meeting new people in small groups.”

Experiment with language that works for you and makes you feel good about your goal. Use power words like: easy, enjoy, amazing, incredible, fun. Using the word choose makes the new



belief more appealing to your subconscious mind. Then start repeating this new belief out loud. Set aside 10 minutes every day to do this. Looking at yourself in the mirror as you read out your new beliefs is one of the most powerful things you can do.

3) Create New Experiences

After this, you need to start acting on this new belief and create new experiences. Go and exercise to get stronger, put yourself in more social situations to banish your shyness, and take that Spanish course with a teacher you like to disprove you're bad at languages. **REMEMBER: YOU DEFINE WHAT IS REAL FOR YOU! AND IF YOU DON'T BELIEVE IT'S REAL, YOU CAN ALWAYS CHANGE YOUR BELIEFS!**

To Summarize

OUR BELIEFS ABOUT OURSELVES IMPACT OUR PERFORMANCE IN ANY AREA OF LIFE

LIMITING BELIEFS HOLD US BACK FROM THE GOALS WE WANT TO ACHIEVE

BELIEFS CAN BE REWRITTEN TO EXPAND YOUR ABILITY TO ACHIEVE

TO REWRITE BELIEFS, YOU NEED TO FIRST IDENTIFY WHAT YOUR LIMITING BELIEFS ARE, THEN REWRITE THEM