

Limiting Beliefs Worksheet



**A Guide to Identifying, Eliminating
and Replacing Your Limiting Beliefs**

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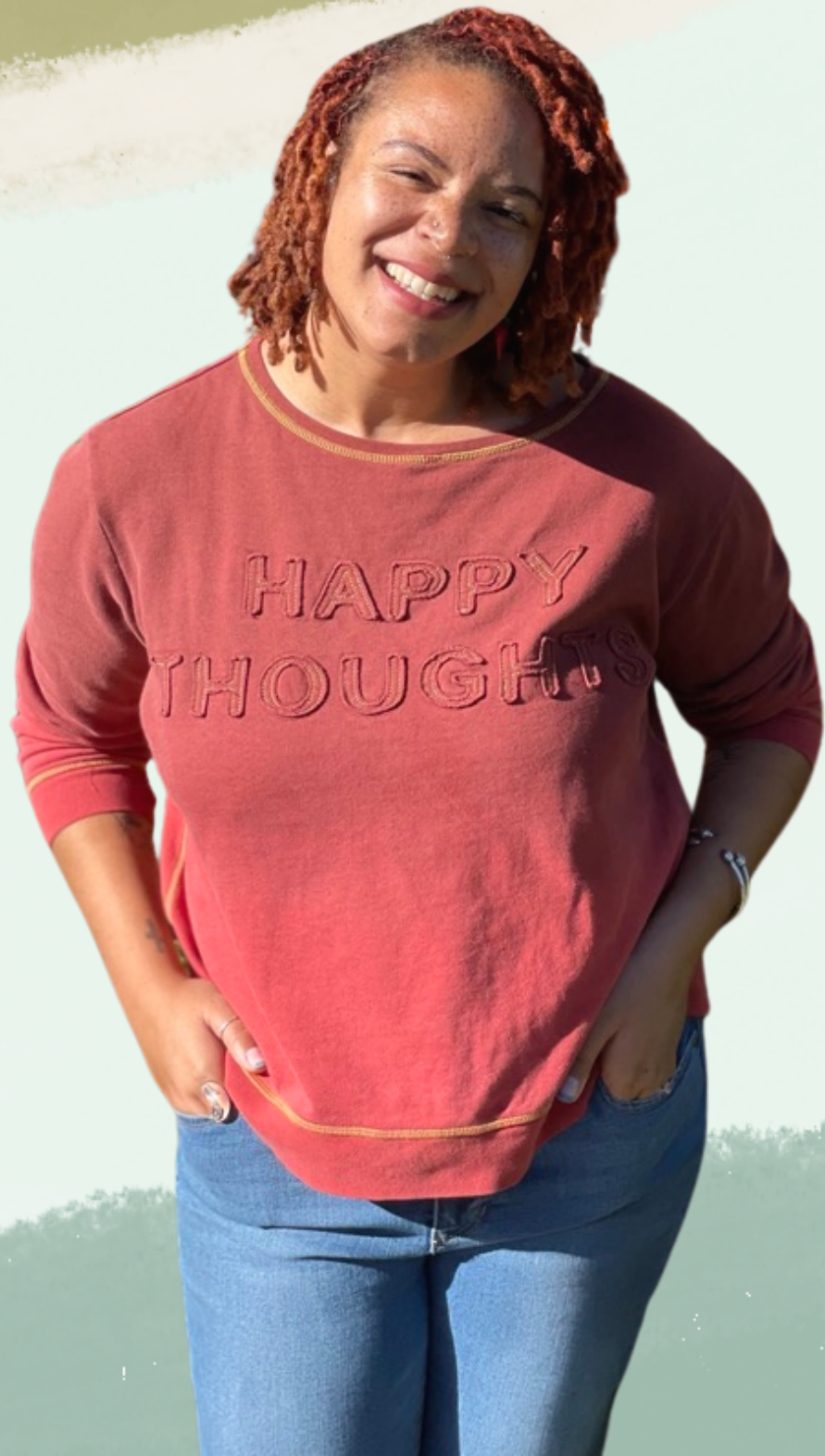
Meet the Author

Hi! I'm Isabelle, the author and creator of Exploring Self.

Exploring Self is a blog about the journey toward authentic & holistic self love. It's about learning to live freely, fully and without fear so that we can experience all of the joy, laughter and vibrancy that this world has to offer.

I hope that by sharing my authentic self and lived experiences, I can create a space for open, honest and vulnerable conversation and personal growth.

Ready to dig deep?



What Are Limiting Beliefs?



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What Are Limiting Beliefs?

Limiting beliefs are the **negative, defeatist** ideas we have about ourselves that **stop us** from living our best, fullest & most authentic lives.



They are the **automatic, ingrained doubts** that pop up any time we're putting ourselves out there & truly going for what we deeply desire.

Limiting Beliefs Sound Like...

"I **can't** quit my job because I won't find anything else."

"I **suck** at relationships & there isn't anyone out there for me."

"I'm **not** talented enough to pursue my true passions."

"I **always mess up** any great opportunity that comes to me."

"I'd **be more** beautiful & better liked if I were thinner."

"**Everyone thinks** I'm awkward and strange and I don't blame them."

Where Do Limiting Beliefs Come From?

Limiting beliefs form primarily in **childhood**
(before we're even 7-years old!)

As children, we hadn't yet developed the ability to **analyze, filter** and/or **comprehend** our experiences; as a result, we take in the world around us at **face-value** and process that information **as truth**.

Limiting beliefs can also form, or be exacerbated, in adulthood. This typically comes from **the media, judgment by others**, and our desire to fit within **cultural norms**.

Why Do We Hold On to Our Limiting Beliefs?

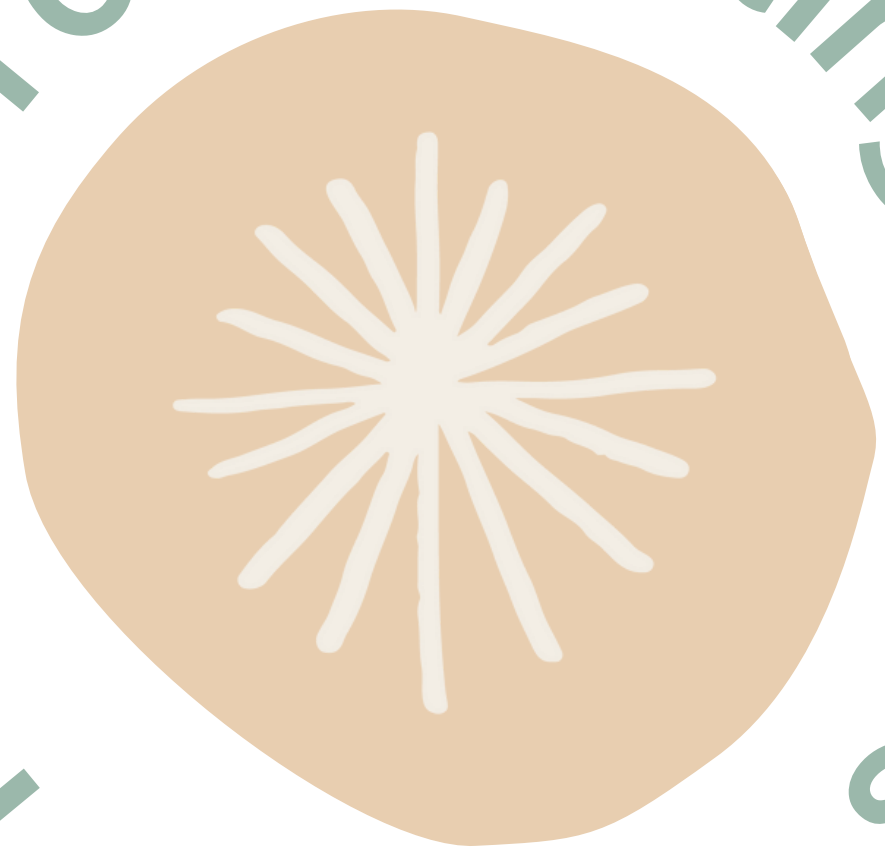
Unless we're actively seeking out and identifying our limiting beliefs, many of us will go through life **without realizing our limiting thoughts are untrue**. As a result, we **hold on to & enable** our limiting beliefs without realizing it.

We also subconsciously use limiting beliefs as a defense mechanism (e.g., "If I don't believe I'll achieve it, when I fail, I won't be as upset"), yet we're hurting ourselves **MORE** by **assuming** our limiting thoughts are **TRUE**.

"We're so deeply wrapped up in our stories — I don't have the money, I'm not good enough, I can't quit my job, I'm lazy, I have bad hair — trudging through life with our heads down, clinging to our false beliefs...that we prevent ourselves from seeing the literally infinite sea of possibilities and opportunities surrounding us at every single moment."

Jen Sincero | "You Are a Badass"

Identify Your Limiting Beliefs



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Identify Your Limiting Beliefs | Step 1

Carry around a notebook for 2-5 days. **Every time you notice yourself thinking a limiting belief, write it down.** Next to the limiting belief, write **where you are** and **what you're doing** in that moment.

For example:

"I'm not smart enough to complete this work."

At work; a challenging project for a new client.

Do not judge these thoughts: simply document them and move on. The primary goal is to **notice** what your limiting beliefs are about & **when** they typically arise.

Identify Your Limiting Beliefs | Step 1

Need help noticing your limiting beliefs and thoughts?

Our limiting beliefs often start with...

- I suck at...
- I can't...
- I'll never...
- I always...
- I should/shouldn't...
- I'm incapable of...
- I'm terrible at...

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Identify Your Limiting Beliefs | Step 2

As you become more comfortable noticing & documenting your limiting beliefs, take the time to also observe and write down *your judgment of others*.

If you find yourself judging another person, write it down. Next to the judgment, write any emotions that you're feeling in-the-moment.

For example:

"She's too fat to wear that dress." – Frustration; envy; anger.

Your judgments will reveal your own limiting beliefs (e.g., you have to be thin to feel/look beautiful; if you're not thin, you'll look unattractive; etc.).

Identify Your Limiting Beliefs | Step 3

Ask your closest loved ones, friends, and family:

In what ways do I hold myself back?

Do you ever notice me doubting myself? About what?

Without self-critique or judgment, listen to what they tell you.

Are there any **commonalities** between their responses?

Did you have any **emotional reactions** in response to what they tell you?

Why do you think that is?

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"The belief that we are deficient and unworthy makes it difficult to trust that we are truly loved. Many of us live with an undercurrent of depression or hopelessness about ever feeling close to other people. We fear that if they realize we are boring or stupid, selfish or insecure, they'll reject us. If we're not attractive enough, we may never be loved in an intimate, romantic way. We yearn for an unquestioned experience of belonging, to feel at home with ourselves and others, at ease and fully accepted. But the trance of unworthiness keeps the sweetness of belonging out of reach."

Tara Brach | "Radical Acceptance"

Release Your Limiting Beliefs



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Release Your Limiting Beliefs | Step 1

Before all else, you **must commit to taking decisive action** toward releasing your limiting beliefs.

Limiting beliefs can not be eliminated through **passive observance, wishful thinking, or self-deception.**

Each day, you must **commit fully** to putting in the effort of identifying, combatting, and releasing your limiting beliefs. It is a process, but well-worth the endeavor.

Release Your Limiting Beliefs | Step 2

For each limiting belief that you documented in the past 2-5 days, write down the opposite, even if you don't believe it (yet)! Even if you're "faking it," you're still telling your mind, soul & body what you **want to believe**.

For example, if one of your limiting beliefs is:

"I'm not smart enough to complete this work."

On a separate piece of paper, write:

"I embrace all challenges because I am fully capable of doing whatever I put my mind to."

Release Your Limiting Beliefs | Step 3

Analyze your friendships and who you spend the most time with.

Do your friends allow their limitations to hold them back?

Do your friends agree with your limiting beliefs and/or emphasize them?

Surround yourself with those who unabashedly chase their hopes and dreams.

You can join a club, invite an inspiring person to lunch, etc. — what's most important is that you **actively invite the things you want into your life so that you are inspired on a daily basis.**

Replace Your Limiting Beliefs



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Replace Your Limiting Beliefs | Step 1

The first step toward replacing your limiting beliefs is to *forgive yourself*.

This quote is taken directly from "You Are A Badass," as it perfectly encapsulates the importance of self-forgiveness & how to find it:

"Guilt, shame, and self-criticism are some of the most destructive forces in your life, which is why forgiving yourself is one of the most powerful. Here's an excellent way to do it: Think of a specific thing that you did that you feel badly about. Call it up in your mind and feel it in your body. Repeat the following over and over while thinking of it and really feel what you're saying to yourself..."

(Cont'd on next slide)

"Holding on to my bad feelings about this is doing nothing but harming me, and everyone else, and preventing me from enjoying my life fully. I am an awesome person. I choose to enjoy my life. I choose to let this go."

Jen Sincero | "You Are a Badass"

Replace Your Limiting Beliefs | Step 2

Seek and practice your positive beliefs frequently, *even if it's uncomfortable to put yourself out there*. Remind yourself that you are limitless & the only person that can stop you is...you!

For example: If your limiting belief is that you have a big, ugly nose that makes you look unapproachable, you can:

- *Introduce yourself to someone new in a friendly, approachable way.*
- *Repeat a mantra about the beauty of big noses and unique features.*
 - *Wear the makeup you love, even if it "emphasizes" your nose.*

Send yourself the message that what you want, big or small, is yours! *It will take time, practice, and moments of discomfort*, but the more you practice, the more you'll internalize & believe your positive beliefs.

Replace Your Limiting Beliefs | Step 3

Remember when to release our limiting beliefs we wrote down the opposite?

(Go back to Slide 17 if you want a refresher!)

In order to truly start to replace our limiting beliefs, we have to **repeat what we want to believe until we actually, truly, start to believe it.**

Are most of your limiting beliefs being triggered at work? Write down your affirmation on sticky notes around your desk & repeat them throughout the day. At home? Stick mantras on your nightstand and yell them aloud every morning.

Repeat your affirmations until you annoy yourself...then repeat them some more!

It may seem silly & simplistic, but one morning you'll wake up & realize you **BELIEVE** what you've been saying & have released your negative beliefs!

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