

Finding Your Limits...

We are looking for your limiting beliefs, negative thoughts, and ways you may sabotage your own success. Things to keep in mind, the deeper seated issues may seem “true” to you, or they may not. Either is fine, we’re really only looking for NEGATIVE thinking. Below you’ll find 6 steps to help you find how you may be limiting yourself.

The rules:

- Be courageously honest.
- Remember, if they are negative at all, list them.
- Don’t take this too seriously, or go into a self critical place. This can actually be done from a detached, happy perspective if you allow it.

Step 1: Write down all the things you’ve repeatedly tried to do, get, or accomplish in your life where you’ve come up short. For each one, see if you can list a reason why:

(Examples: making the baseball team, starting a successful business, losing weight, etc.)

Step 2: Write down anything negative thinking you notice you have come up that you really feel to be true:

(Examples: my parents didn’t love me enough, rich people are selfish)

Step 3: Write out any thoughts you have that aren't fully true, but pop up anyway:

(Examples: "Nobody likes me" when you clearly have friends. "I have no money" when you have a job and get a check.)

Step 4: Do any of these resonate with you? If so, mark them down, and add anything they inspire:

- _____ "I have enough already, I shouldn't want more"
- _____ "I'm not attractive"
- _____ "The world is dangerous"
- _____ "Rich people are greedy and selfish"
- _____ "I'll never succeed"
- _____ "I'm clumsy"
- _____ "Nobody takes me seriously"
- _____ "I don't have enough confidence"
- _____ "I'm not talented"
- _____ "It's too good, I don't deserve it. I'm embarrassed with all I have"
- _____ "I'm never going to amount to anything"
- _____ "I'm too lazy"
- _____ "I'm too much, people can't handle me"
- _____ "I'm annoying/loud"
- _____ "I'm too shy"
- _____ "I have no discipline"
- _____ "I always get sick"
- _____ "World is too cruel and rough"
- _____ "I can't relate to anyone"
- _____ "People don't understand me"
- _____ "I haven't suffered enough"
- _____ "I'm not enough"

(not good enough, funny enough, popular enough, rich enough, etc.)

Step 5: Looking at all the steps above (steps 1-4), Find your top 10-15 negative thoughts/beliefs and list them here:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____

Step 6: Looking this deeply at yourself, what would you say is the deepest core issue here? What's the one root that seems like it's doing the most damage?

Core Issue: _____

Congratulations! Remember that awareness itself can be curative. But we're not going to leave it there. In the next exercises we'll reverse these, and implant new empowering beliefs that will change your results dramatically.