

Self limiting beliefs

We all have them- picked up over the years.

The Grandparent who said a trade was more sensible than an art degree.

The parent who projected their low self esteem onto you.

The teacher who judged you based on your age, gender, name....

My degree was education and science – lucky me, two dissertations!

My education dissertation explored the impact of a teacher's judgement of whether a pupil would succeed or fail. A teacher's expectation was a huge indication of whether a child would pass their exams- and was a key reason I decided to home educate.

We are social beings; we adjust and adapt how we present ourselves to try to fit in and stay safe. We create an inner rulebook to help us understand how the world works. This could include;

- I have to work hard to get ahead.
- Easy come, easy go. (so when you do get a lucky break you don't take advantage of it).
- I'm not enough, so I'll focus on helping others then they may accept me.
- I'll keep my guard up- good protection for when the relationship ends, because it will.
- Men always cheat. (or women)

The problem is this list of rules, this inner blueprint, is the map your unconscious is using to understand the world.

So, if you were raised to believe you have to work hard to get ahead you may not go for the promotion that could have given you abundance with ease- because you don't trust it.

If you believe all men (or women) cheat, then you will watch for signs of cheating in your partner. And if you watch hard enough you will find them.

Right now, you are sabotaging your life to ensure you stay within the self-limiting beliefs that have kept you safe in the past. And you are so used to living this way you don't even know it!

It helps to have real examples to work with so I will share some of my processes (in *italic*) to demonstrate- this is just a small insight, my notebooks are far more in-depth!

Try this for yourself.

- Define your goal. (Don't worry, it will change over time- you can adjust this a million times!)
- Write, or draw, record how your goal will make you feel- focusing on the positive emotions.
- Now sit with it. Be honest, how does it make you feel? Release any negative emotion (journal, talk it through, cry, break crockery...)
- Write a list of all the reasons you think you can't achieve this.
- Reframe each of those reasons – you can revisit this if some feel hard!
- Resit with your goal, does it feel more achievable? Repeat this process as many times as is needed. Sometimes it will feel harder- as you fall on a core block. Other times it will feel so easy!
- Write a list of tiny steps you can take towards your goal.

- **Define your goal. (Don't worry, it will change over time- you can adjust this a million times!)**

I want to be financially independent, to earn enough to provide a home for my family, travel, and have a good work/life balance. To have a comfortable life without feeling dependent on my ex or the state.

I need to earn at least 1.5k more a month to achieve this, without increasing my client hours.

- **Write, or draw, record how your goal will make you feel- focusing on the positive emotions.**

It will feel safe to not have to be accountable to my ex or the state.

It will feel exciting to have the time for adventures and nurturing to have the time for rest.

I could feel content with my earnings, and excited about saving up for things I would love to do.

- **Now sit with it. Be honest, how does it make you feel? Release any negative emotion (journal, talk it through, cry, break crockery...)**

It makes me feel angry. I don't want to work harder to compensate for my ex's lack of support. I worry that I am too burnt out, that I want a holiday (without responsibility). It makes me feel rejected and heightens my exhaustion.

It makes me feel exhausted to even think of it!

- **Write a list of all the reasons you think you can't achieve this.**

I'm too exhausted.

I don't have enough time.

I've achieved all I'm capable of achieving.

I'm burnt out.

- **Reframe each of those reasons – you can revisit this if some feel hard!**
 - *I'm too exhausted. I will plan better rest, which increases productivity.*
 - *I don't have enough time. I will streamline other areas of my life to create the time.*
 - *I've achieved all I'm capable of achieving. That's exhaustion speaking.*
 - *I'm burnt out. I'm managing my burnout and refuse to overwork. I will increase productivity- not work hours.*
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- **Resit with your goal, does it feel more achievable? Repeat this process as many times as is needed. Sometimes it will feel harder- as you fall on a core block. Other times it will feel so easy!**

It was useful to sit with increased productivity as the way forward, I know I achieve more when I set aside half a day to focus on one task. Yet when I'm stressed I'll start a task when I know I can't finish it.

Definitely some unresolved resentment to my ex for his lack of support. As it isn't helping me in anyway- I need to focus on letting that go.

- **Write a list of tiny steps you can take towards your goal.**
Update my website, focus on one page at a time.
Create a leaflet to show in person clients my full range.
Ask for Google & Amazon reviews.
Create a list of books to read around money wounds, and money mindset.
Invest time in creating more teaching content- set up a daily schedule for content creation as I did when writing my book.