

10 Limiting Beliefs: Identifying, Understanding, and Overcoming Them

1. "I'm not good enough."

What it looks like:

- Feeling inadequate or constantly comparing yourself to others.

How to overcome it:

- Write a list of your achievements and strengths.
- Affirm: "I am worthy and capable just as I am."
- Focus on personal growth rather than perfection.

2. "I can't change."

What it looks like:

- Believing your habits or circumstances are set in stone.

How to overcome it:

- Challenge this belief by starting small—take one action that proves otherwise.
- Remind yourself of past times you've adapted or grown.

3. "I'll fail if I try."

What it looks like:

- Avoiding opportunities or challenges out of fear of failure.

How to overcome it:

- Reframe failure as learning. Ask yourself, "What's the worst that can happen, and can I handle it?"
- Affirm: "Every step I take brings me closer to success."

4. "I don't deserve happiness or success."

What it looks like:

- Self-sabotaging when things go well.
- Feeling guilty about pursuing your goals.

How to overcome it:

- Reflect on why you feel unworthy—are these thoughts truly yours or inherited from others?
- Practice gratitude for your progress and remind yourself that everyone deserves joy.

5. "It's too late for me."

What it looks like:

- Believing that age, missed opportunities, or past mistakes define your future.

How to overcome it:

- Research people who succeeded later in life (e.g., Vera Wang, Colonel Sanders).
- Affirm: "It's never too late to live my purpose."

6. "I'm not smart or talented enough."

What it looks like:

- Doubting your ability to succeed in a skill or career.

How to overcome it:

- Focus on effort over innate ability—skills can be learned.
- Celebrate small wins and keep learning.

7. "I need to be perfect."

What it looks like:

- Fear of starting because the outcome might not be flawless.

How to overcome it:

- Embrace progress over perfection—take messy action.
- Affirm: "I grow stronger with every attempt."

8. "I can't trust others."

What it looks like:

- Struggling with relationships due to fear of vulnerability.

How to overcome it:

- Start by trusting yourself and your instincts.
- Build trust incrementally with open communication and boundaries.

9. "I'll never be happy until I have [X]."

What it looks like:

- Placing happiness on external factors like money, relationships, or success.

How to overcome it:

- Practice gratitude for what you have now.
- Affirm: "Happiness is a choice I make daily."

10. "I'm stuck in my situation."

What it looks like:

- Feeling like circumstances control your life entirely.

How to overcome it:

- Focus on what you can control.
- Break the situation into smaller parts and work toward change one step at a time.