

## **Wisdom dose 4:**

### **Limiting Beliefs: What They Are and How to Break Free?**

Every one of us carries a set of beliefs that shape how we see the world, ourselves, and our potential. Some of these beliefs empower us. Others hold us back. These self-imposed mental barriers are known as limiting beliefs — and if left unchallenged, they can quietly sabotage our goals, relationships, and personal growth.

This article explores what limiting beliefs are, how to recognize them, and—most importantly—how to overcome them.

#### **What Are Limiting Beliefs?**

Limiting beliefs are assumptions or convictions that we hold about ourselves, others, or the world that constrain us in some way. They usually sound like:

- “I’m not good enough.”
- “I’ll never be successful.”
- “People can’t be trusted.”
- “I don’t deserve love.”
- “I’m too old/young to start something new.”

These beliefs may be rooted in past experiences, cultural or family conditioning, fear of failure, or even misunderstood lessons from childhood. Over time, they become internal “truths” that shape our behavior, choices, and self-image — even if they’re not based in reality.

#### **How to Identify Limiting Beliefs?**

**Identifying limiting beliefs requires honest self-reflection. Here are some practical ways to uncover them:**

##### **1. Listen to Your Self-Talk**

**Pay attention to your inner voice, especially when you’re:**

- Facing a challenge
- Considering a new opportunity
- Making excuses or avoiding something

Common red flags include words like “always,” “never,” “can’t,” “should,” or “must.”

Example:

“I can’t speak in public.”

→ Ask: Why do I believe that? Is it really true?

## **2. Track Emotional Reactions**

Notice moments when you feel fear, frustration, shame, or self-doubt. Ask yourself:

- What belief is driving this feeling?
- Is this reaction based on current reality or an old story I’m telling myself?

## **3. Reflect on Patterns**

Look at recurring patterns in your life — in work, relationships, finances, or health.

- Do you keep hitting a ceiling?
- Do you procrastinate when things start going well?

These patterns often point back to a limiting belief.

## **How to Overcome Limiting Beliefs**

once you’ve identified a limiting belief, it’s time to dismantle it. Here’s a proven step-by-step approach:

### **1. Challenge the Belief**

Ask:

- Is this belief absolutely true?
- Where did it come from?
- What evidence contradicts it?
- What would I tell a friend who believed this?

Often, you’ll find the belief is based on an isolated experience or assumption, not on objective truth.

## **2. Reframe the Belief**

Turn the limiting belief into an empowering one. Use language that opens possibilities rather than closes them.

Example:

- Limiting: “I’m terrible with money.”
- Reframed: “I’m learning how to manage money better every day.”

Reframing is not about lying to yourself—it’s about telling a more helpful truth.

## **3. Take small; Aligned Actions**

Break the belief by acting in ways that contradict it. Action creates evidence, and evidence creates belief.

If you believe, “I’m not a good leader,” start small:

- Speak up in a meeting.
- Volunteer to lead a project.
- Ask for feedback and grow from it.

Each step weakens the old belief and strengthens a new one.

## **4. Visualize a New Identity**

Close your eyes and imagine who you would be without that belief. How would you speak? Walk? Make decisions?

Visualizing your “future self” helps train your brain to accept new possibilities and see a broader version of who you can become.

## **5. Surround Yourself with Empowerment**

you’re influenced by the people and environments around you. Surround yourself with growth-minded individuals, positive content, mentors, and role models who reinforce the belief that change is possible.

## **Final Thoughts**

Limiting beliefs are not facts. They are mental habits—often outdated ones—that can be reprogrammed with awareness, effort, and practice. The moment you recognize a belief is holding you back, you reclaim your power to change it.

The goal isn't to eliminate every doubt or fear, but to stop letting them make your decisions for you.

You are not your limiting beliefs. You are the one who can rewrite them.