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COACHING ♦ REIKI ♦ EFT

**UNCOVERING
YOUR SELF-
LIMITING
BELIEFS WHEN
CHANGING
CAREER**



SELF-LIMITING BELIEFS

What are self limiting beliefs

A limiting belief is a thought or state of mind that you think is the truth and is stopping you from doing certain things.

These beliefs don't always have to be about yourself, they could be about how the world works, ideas, and how you interact with people.

SELF-LIMITING BELIEFS

Why they are a problem

Having a limiting belief about your own self-worth and capabilities can hold you back:

- Change careers
- Being respected by your employer
- Receiving a higher wage
- Getting a promotion
- Starting a business

SELF-LIMITING BELIEFS

How to identify your self limiting beliefs

First you need to work out what your goal is or what you would like to happen. Write it down

- Is it a job change?
- Quit your current company?
- More work life balance?
- Starting a business?

SELF-LIMITING BELIEFS

Answer these questions (write down your answers)

I don't think I can reach this goal/dream because:

Things like this don't happen to people like me because:

If I try and reach my goal, I am worried (something bad will happen):

If I try and do this, people will think:

SELF-LIMITING BELIEFS

Can you now spot a theme in your beliefs?

- I don't feel good enough
- I don't feel smart enough
- I don't feel worthy
- Good things don't happen to me
- People don't like me
- People will judge me
- I don't have any other choice/options
- There is no hope for me

SELF-LIMITING BELIEFS

What emotions are you feeling when you think about your limiting belief?

- Angry
- Sad
- Anxious
- Fearful
- Depressed
- Frustrated
- Envious
- Awkward
- Ashamed

SELF-LIMITING BELIEFS

So what is your limiting belief?

Now read back what you have written.

If you can't prove the statements to be true then they are self limiting beliefs and they are cognitively and physically holding you back from achieving your goals

SELF-LIMITING BELIEFS

How to remove your self limiting belief

Awareness

- Consciously choose not to believe it

Build new beliefs

- Affirmations
- Visualisation
- EFT Tapping
- Hypnosis

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If you found this helpful, don't forget to share it with someone you think might benefit from it too!

