

Questions to Identify Limiting Beliefs

1. What **rules** have I created in my life that could be limiting my ability to get started with my goal?
2. What **pessimistic thoughts** reoccur in my head every time I think about pursuing this dream?
3. What **unnecessary assumptions** do I make about achieving and committing to this goal?
4. What **cliches, quotes, aphorisms or other catchy phrases** do I entertain in my head that are limiting me?
5. What **stereotypical beliefs or cultural myths** am I allowing to hold me back?
6. How might my **standards** about “what” and “how” things *should* happen, be negatively affecting my ability to go with the flow and to make things happen?
7. Are there any **values** that I am holding onto that interfere with me achieving this goal? Do I value something that contradicts what I want to move toward?

8. What **self-defeating meanings** have I created based on my past failures with important goals? How do these meanings limit me and become barriers to goal setting?

9. What **reoccurring stories, narrative, or mental scripts** do I play over and over again in my head that disempower me?

10. Do I hold onto any **black and white philosophies** that keep me frozen in a passive way?

Overcoming limiting beliefs requires that find and create new, empowering beliefs. This is not easy to do, but it can be done!