

Live it by Design

Challenge Your Limiting Beliefs

On the Limiting to Limitless Podcast I talked about the transformation that can take place when we challenge our limiting beliefs from a place of love and curiosity. The goal is to reframe those limiting beliefs with limitless and empowering thoughts to create new experiences.

This list is a guide to get you started with the internal conversation so you can kick those limiting beliefs to the curb and move forward!

1. Why am I feeling this way?
2. What triggered this feeling / thought?
3. What else might be true?
4. What evidence do I have to support this belief?
5. What if what I believe isn't true?
6. What can I gain by letting go of this belief?
7. Is this belief mine or someone else's?
8. Is there something else I can choose to believe?
9. Is this belief in alignment with my goals?
10. Does this belief serve me any longer?
11. How would I rather be feeling?

You don't have to ask all of the questions above. They are just a guide to start the process of breaking down the beliefs that hold us back so we can move forward.

It's a game changer when we can overcome those limiting beliefs and instead create limitless, empowering thoughts!