



HOW TO  
**ELIMINATE**  
**SELF-DOUBT**  
**AND ACHIEVE**  
**SUCCESS**



# LIMITING BELIEFS

We eliminate self-doubt, and can achieve success when we have successfully dealt with our limiting (negative) beliefs.

Beliefs can be empowering or limiting in nature.

Limiting or negative beliefs prevent us from fulfilling our true potential, hold us back, and give rise to negative thoughts and emotions.


Empowering or positive beliefs, on the other hand, allow us to act resiliently, believe in ourselves, and invoke positive thoughts and emotions.

In a sense, our beliefs create our sense of reality.

Yet, most people are not aware of their own beliefs because they have never taken the time to analyse them carefully. This explains why some people thrive and succeed despite the most difficult circumstances while others fail.

It all boils down to our beliefs.





Here is step by step guide of how to recognise limiting beliefs and how to replace them.

1. Pick a limiting belief and think about how that belief has held you back and worked against you. For example, let's say that your limiting belief is that most people are dishonest and not to be trusted. Perhaps that has led you to distrust the people you are dating and that leads to arguments and, eventually, a sour break up.

Or a limiting belief that money is the root of all evil, and people who are rich only got rich by being greedy and dishonest.

2. Now think long and hard who's opinion this is and who did you hear say things like this over and over again when growing up. In my experience, both my mother and father had a very negative view of money and it was almost immoral in our household (and in our community) to be rich or to give importance to money.

3. The third step is to replace your limiting or negative belief with an empowering and positive one. Staying with the distrust example above again, you could tell yourself that most people are honest and have integrity.

Find evidence about goodness of the people in your past, Let go of your old limiting belief, admit that it was not true, and start believing in your heart and in your mind that people are generally honest by nature.

Same with money, you now realise that the more money you have more good you can do. More money you have more spiritual you can become. You will have more time and money to invest in your self-growth, and also do the same for others. Money is good and we are all deserving of it.

4. The fourth and final step is to remind yourself of your new beliefs every day. Remember, most people have spent close to a lifetime clinging to their limiting beliefs so it takes a little bit of time to rewire and replace them with the empowering ones.

The way we are going to do it is by...you guessed it,,,by journaling.  
The more you consciously remind yourself of your new beliefs, think and feel them in your core, the faster you will be able to replace the old ones.



Remember, we tend to do everything possible  
to validate and reinforce our beliefs.  
We will think, feel and act accordingly.  
It is like a self-fulfilling prophecy.

That is how powerful our beliefs are.



Are you ready?