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HARMONY



# BUST YOUR LIMITING BELIEFS WORKSHEET

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# WANT TO SUPERCHARGE YOUR CAREER CONFIDENCE?



## How to find and bust through your limiting beliefs.

Many of us go through life unaware of how much we are limiting ourselves; subconsciously applying the brakes to our own confidence levels with limiting beliefs.

We have lost sight of **who we truly are** and operate from a place of fear that people will soon see through the masks we wear and discover who we are *afraid* we are, which is **us + our limiting beliefs**. We stay small, we fail to dare greatly or risk putting ourselves out there and reaching for what we *really* want in life. We live with a sense of frustration and disappointment, feeling like there is something missing.

However, **it does not have to be like this!** Having an awareness that limiting beliefs exist and are affecting the way you make decisions on a daily bases is the first big step. The second is to **identify and then change or remove** those limiting beliefs and replace them with empowering inspiring ones.

Our limiting beliefs are a problem, not because they are hard to change, but because they are **hard to find**. There are many ways to neutralise limiting beliefs quickly and easily using the method in this worksheet and other techniques.

Unfortunately our limiting beliefs are often **unconscious and unquestioned**, a part of the fabric of our perceptions, which makes them hard to find.

Other people's limiting beliefs can be easy to spot because we are on the outside looking in, but our own remain hidden. That's why there will always be a need for good therapists and coaches.

But what are we going to do if there isn't a therapist or coach available? Are we doomed to wander ignorant of our own limiting beliefs because we can't see them?

Fortunately, there is a simple way to bring lots of limiting beliefs into consciousness using just one word.

It's a simple word, readily available and deeply familiar ...

“BECAUSE”

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Because is a special word because when it appears in a sentence it is usually followed by a reason or belief.

- I can't go out tonight because I am watching a webinar
- I can't buy into a practice now because Brexit means the future is too uncertain
- I can't change jobs because I am too old.

Each time you hear "because" you are going to hear a belief for the statement that comes just before it.

We can use the power of because to bring our "beliefs" out into the open. Some of these will be factual truths and others will be beliefs assumed to be true but without empirical evidence.

Time to grab a **pen, paper** and **cup of tea** and take some time to answer these key questions:

1.) In what areas of my life am I currently not achieving what I want?

Answer this first question quickly – just a list of points such as relationship with my partner, creativity, exercise and diet, progression in my career etc.etc.

2.) What do I say about myself to explain these perceived failures?

For each area, take one at a time and write down a sentence that describes the problem followed by 'because'. For example, "I am not progressing as I'd like in my career because...." Now say your 'because' sentence out loud and write down whatever comes into your head – no matter how emotional or self-critical it sounds. Don't overthink it, just free-write quickly and without judgment – no one is going to read these except you. Keep repeating this process as many

times as you can until you run out of sentences or find you're repeating yourself. You're not analysing or evaluating yet and going as quickly as you can allows the information to float up from your subconscious without the conscious analytical mind getting chance to get in there and block the flow.

Consider the problem and how you think and talk to yourself as a result of a perceived 'failure' in this area. What do you say about yourself or the circumstances to explain these circumstances?

Then repeat for each of the areas from the first box. In the answers, you will start to discover your limiting paradigms.

Your answers might sound like some of these:

- No matter how hard I try, I'll never make it
- I didn't get a Cert before I had my career break for my family and now it's too late
- I'm too old
- I'm too busy, I simply couldn't fit anything else into my life
- I don't deserve it
- I can't buy into a practice now because Brexit makes the future too uncertain
- I'm lucky to have what I have now
- I don't have a choice

How many beliefs can you expect to find? You could find just one or two or could be ten or more. Don't panic if there are a lot – at least you know what to work on – this is a massive step forward from having a problem but not knowing what to do about it.

Also the beliefs you uncover are probably related. This is good news as if you shift the top one or two, the others will probably be greatly lessened by default.

Now we have a list of reasons and beliefs that need analysing to identify which are limiting beliefs and what's just random chatter of the mind. Circle the ones that have the strongest influence on you. Which ones do you consider to be truths? Which ones do you *really* buy into? Pick the one with the most emotional charge and start with that one.

3.) Ask yourself why you believe this?



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Reflect upon your life and write down any experiences or events you can think of that reinforced this belief. Try to trace this back to the earliest experience from where this belief emerged. Was it from your upbringing, or school or uni days etc...?

Here you can also start to gather evidence to weaken and loosen the roots of that belief – so when you analyse it, could this be a belief that was true 20 years ago but now no longer is?

Can you think of any real life examples of when a statement like this was not true, either for yourself or for others?

For example, a person who was perhaps struggling to attract a partner might have a limiting belief of “I am alone because nobody wants me”. Yet when you analyse that thought rationally, it becomes apparent that the truth is you cannot possibly know 100% that none of the other 6 billion people on the planet would ever want you. You start to be able to see the cracks in your belief theory and allow room for alternative possibilities to creep in, which your brain can then start to filter into your experience subconsciously.

You can also try a “Success Loop”. Think of one or two of your proudest successes in life. Write a list of what you had to do to achieve them, and then a second list of the skills and attributes you must therefore have had, which you still have access to now as they are part of you.

Do any of these attributes conflict your negative statement? This is the deeper thinking work we need to do to lessen the power our limiting beliefs have over us.

4.) What has holding this limiting belief cost you?

Although you’re probably quite aware of this, take a minute or two to be brave and confront the true cost of your limiting belief as doing so helps to motivate you to want to change.

Answers could be: it’s cost you money, or your health, or self-respect, or relationships with people who matter to you, or a feeling that you’ve not made the best of the gifts you know you have.

5.) In what ways have I benefited from this belief?

Sounds like an odd question, but we are not stupid creatures and generally if we're hanging onto a behaviour, then it's because there's something in it for us.

We're getting some reward from limiting ourselves and we're afraid we'd have to give it up in order to move on. At a subconscious level we know this and we hold onto our limitations so that we don't lose the perceived benefits.

So again, it's really useful to shine our conscious mind light onto this area to loosen it's grip and bring it to our awareness.

Answers might be: an easy life, not having much expected of me so I don't have to work so hard, making sure people approve of me and like me, having someone else to blame it on

6.) Am I willing to stop limiting myself?

YES!

NO.

The answer here is a simple yes or no. But it's obviously an important question and makes a form of mental contract with yourself.

Don't worry about whether you think you're able or how you're going to go about it – just ask yourself **if I knew how, would I be willing to stop limiting myself....?**

## CHANGING YOUR LIMITING BELIEFS

Well done for doing all that hefty thinking – you've earned yourself another cuppa for sure!

So now we have found our top limiting belief, we've loosened it's grip on our subconscious mind and we're ready to pull it out and replace it with a much more empowering and helpful belief.

Whether limiting or empowering, the effect of a belief is the same. Each is represented by a statement, which encapsulates our perception and what we believe.

We think the statement is right and we use all our phenomenal mental resources to create that reality – and it works, over and over again.

So the next stage in the process is crafting and writing out a new empowering replacement belief that you want to program in that gives you a much better return on your mental investment!

To write a new belief, look at your current limiting one. What statement would describe a new perception that could destroy the old one? As you look at the following examples, you may feel that the empowering beliefs are too simplistic or positive. Move past that thought. Instead think about your limiting belief and what you'd rather make happen.

## LIMITING BELIEF

I don't like my job and I'm poorly paid

I want more money but I'm not worth more than I'm paid now

I am not good enough

## EMPOWERING BELIEF

I now do work I love, and am well paid for it

Money is abundant and flows freely into my life

I have much to offer and I enjoy finding places to give

Notice the way in which the new beliefs are worded. Each meets the criteria needed from a neurolinguistic programming perspective to re-write the program of this belief in your subconscious mind:



Usually when you start doing this, it feels weird and not very authentic. When you first create this new belief it may exist only on the intellectual level. You have yet to experience its truth and you probably won't own it mentally or emotionally.

This is a good sign – if it's a stretch for you to think in the way your new belief suggests, you are on the right track!

Keep working on your sentence until thinking about it being true makes you feel good. Make sure the sentence focuses on the *outcome you want* and not the thing you want to change as our brains are inclusive in the way they work, i.e. if I say "don't think of a white bear", what happens immediately?

For example you might write a new belief of "I am free from debt". Does it make you feel good to say this sentence? Unlikely. Where's the focus? On being in debt, which is exactly what you don't want.

A better statement would be something lovely that would happen if you were free from debt for example, "I have the financial freedom to pay all my bills on time and worry-free with some left over for fun!". You can picture that outcome more easily and feel good about how that would feel.

Beware the trap of feeling that if you can't see HOW it would happen, that it's inauthentic to write it. Your brain is currently filtering out all alternate possibilities subconsciously at the moment, based on your old belief.

It's not your job to see *how* it would happen, it's just your job to start practicing the *belief that it could happen*, and then give it time for your brain to start gathering evidence to support that new belief. You will be amazed at what opportunities start presenting themselves that you just wouldn't have clocked before once you open the door to the possibility and stop limiting yourself.

Try it for a few months and see!!

My new empowering belief:

So once you have written your belief you're almost there – most of the transformative magic happens while you're doing the process above.

You can embed it further by stick your belief up somewhere at home so that you will see it every day; then as you go about your day start catching yourself when your thoughts and feelings are leading you back in the old direction.



Imagine your head is like a bird cage and the thoughts that fly in are birds. You can open the door and let them fly right out again if they relate to your old belief.

When you talk to people, be careful how you speak about yourself and speak in ways that support your new belief. If that's too hard

initially, at least try to stop arguing the case for your limitations out loud – so no saying “I am not creative” for example.

Practicing with your new beliefs is like having a new pair of glasses – at first you feel a bit drunk and wobbly and everything looks different and you have to fight not taking them off while your neural pathways are re-forming.

Remember you are physically re-wiring your brain synapses and this takes time.

It takes about 21 days of consciously forcing new neurons to fire together before they wire together and become an automatic program you no longer have to concentrate hard on and just ‘what you now do or think’. Not that long really in the grand scheme of things...

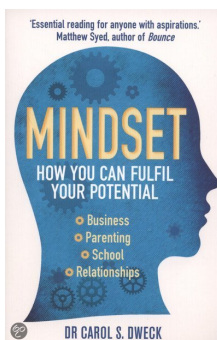
So give it time, practice and don’t beat yourself up if you slip back. Know that just having taken the time to do this process and writing out the new belief will automatically get your subconscious working on it, even if you do absolutely nothing else about it.

## RESOURCES TO HELP SUPPORT YOU AS YOU LEARN THIS PROCESS

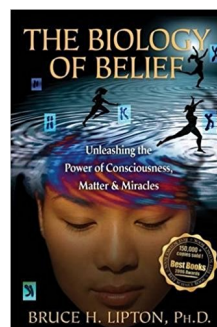
Whenever you are learning a new process, supporting that learning with other resources really helps.

The first and fastest way I can recommend is getting help from a trained coach or mentor who can guide you through the process. Check out my website Work With Me page for inspiration at [www.vetharmony.co.uk](http://www.vetharmony.co.uk).

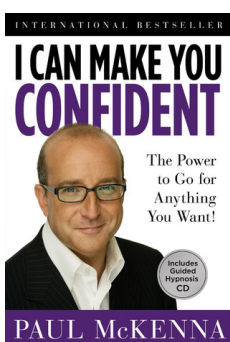
Other resources:



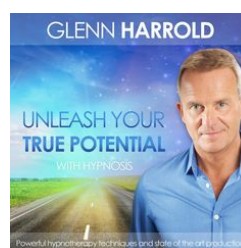
Carol Dweck’s easy and fascinating read on the difference between having a fixed or growth mindset and it’s effects on our success and happiness.



For those who like to know the scientific evidence behind what has before now been considered a bit ‘woo woo’! Explains effects of beliefs on our cells and even genome via the new science of epigenetics.



Paul McKenna’s books all come with a self-hypnosis CD and it’s worth buying the books for the CDs as they are very well made and super-relaxing, as well as helping to re-program your subconscious mind.



Glenn Harrold is another good source of relaxing self-hypnosis audio downloads. If you’ve not tried self-hypnosis before, it’s worth considering – if nothing else, you get to lie down and relax for half an hour!! He has a website and is on Spotify.



# NEED HELP?

Book your FREE exploration session at [www.vetharmony.co.uk](http://www.vetharmony.co.uk)

## What is an Exploration Session?

It's a 45 minute Skype or telephone call where we can take a look at the issues or problems facing you currently, establish the ideal outcome and work out if we are a good fit to work together and whether I am the right person to help you.



## CONTACT ME...

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