

LIMITING BELIEFS

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Elevating Leaders

LIMITING BELIEFS

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Limiting Beliefs Exercise | Where do your thoughts take you?

Don't overthink this at all. Put a checkmark next to each statement that resonates with you and move on to the next statement. Often times the belief doesn't make logical sense to us, but it's buried deep in our subconscious and we don't even know it, so don't be surprised or alarmed if one rises up you didn't expect.

- I'm not good enough
- There's never enough time
- I did/might do it wrong
- I'm going to end up alone
- I have to get it all done myself
- Money comes but doesn't last
- I'm not good with money
- I just can't get a break
- I don't want to make a mistake
- This shouldn't be happening
- The money is spent before it even gets here
- Money is the measure of my success and/or worth
- It's a dog-eat-dog world, survival of the fittest is what it takes
- That shouldn't have happened
- I'm not doing enough
- Others know how to do it better than me
- I don't know what I'm doing
- I don't know what I want
- Money doesn't grow on trees; you have to work hard to get it
- If it hasn't happened, it never will
- Having money requires too much time and effort
- I'm not [smart, funny, talented, experienced, outgoing, good looking, etc.] enough
- They always seem to have all the luck
- I won't be humble if I have money
- It never happens for me
- People can't be trusted / aren't reliable
- This is a man's world
- I'm not clear
- Rich people are greedy and selfish
- Money is the root of all evil
- If I have a lot of money, that means someone else is ending up with less
- I don't know what to do
- I have no idea
- If I try to succeed and don't, I will be judged as a failure
- Money is hard to make
- I don't have enough resources
- No one ever listens to me
- I'm just not lucky
- I'm too old/young to...
- It's too late for me to...
- I've already done so much I already know this
- I don't know where to start
- I don't have the right skill sets
- I don't have the money
- I don't have anything to add / it's been done before
- I can't be happy until he / she changes
- If people really knew me, they wouldn't like me
- I can't be happy until my finances / relationships look like...
- I'll never really change
- I shouldn't put my needs before others'
- I should be doing more
- I don't deserve love, success, money, fame, recognition, etc.
- I'm a fraud

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- My ideas are always shot down
- I should be further along
- They do it better than me
- I can never do it as good as [person]
- I can't grow my income by that much
- It's too hard
- I doubt I can earn that much
- The economy is bad
- I can't depend on most people
- I shouldn't want more in my life
- It's greedy to want more income
- There's a right way to do things
- I need to know what others think before I take action / need others' approval
- If you want it done right, you have to do it yourself
- They can do / accomplish that but not me
- If I pursue what I really love my relationships will suffer
- They have [something] but I wouldn't want their life [judgement]
- I don't know how to do that
- I could never make more than [xxx] amount of money
- I'm not good with money
- I can't figure it out
- I'm not very sociable / outgoing
- This shouldn't be happening
- I'm not very disciplined
- I'm not good at [finances, organizing, communicating, selling, closing, etc.]
- There's something wrong with me
- Deep down I'm just broken
- Good things happen but they never last
- Things don't work for me
- I've made mistakes that have cost me
- This [negative thing] always happens to me
- I should have to tell them that
- I always have to struggle
- Others have it easier
- Having money creates misery
- Having money means I'll be lonely.
- I need to get it all done or I will fail
- Things will ever work out for me
- There's nothing I can do about my health / diet / finances
- I'm not very creative
- I can't seem / will never lose weight
- I can't change jobs right now, it's too risky
- My friends won't like me if I make too much money
- What if [it/action] doesn't work
- What if they reject / don't like me

Others not listed above: