

Examples of Limiting Beliefs-Self Talk & Liberating Beliefs Self Talk (opening to life)

Words create feelings which affect behaviours and therefore change results. Our thoughts are either opening us up to life and opportunities or closing us down. Where are you having a struggle in your life? What are your thoughts about it-opening or closing down in nature? How does your physical energy shift when you think your limiting beliefs vs. liberating beliefs? What is the cost (price you pay) of holding onto your belief (ie lack of intimacy, suppressed forward movement etc), and payoff (benefit to you-keeps you in your comfort zone, don't have to change-try new things, keeps you safe, avoid fears & failure etc)? What would be possible without your Limiting Beliefs?

Often the origins of our negative-limiting self talk come from parents, teachers and significant others that we have unconsciously internalized and taken them on as our own. At this point, it doesn't really matter where they came from but more importantly what you want to do about them now.

Note the effect of words on students from the book Blink.

As you rework your unconscious Limiting Beliefs into conscious Liberating Beliefs, you can make a practise of saying them as Mantras any time they serve you. If you really want to overcome something, try saying them out loud at least 3 times a day for at least 21 days and notice how they will become habituated as a new way of thinking and therefore of being. It has been proven that you don't actually have to believe your new mantra for it to still have a positive impact on you. No different than if an adult repeatedly tells a smart child they are dumb, the child typically believes the adult, not the truth. This is a huge topic that is deserving of time and effort to really harness the powers of it. The book Mind Power by John Kehoe is an excellent resource.

Limiting Beliefs-Self Talk Examples	Liberating Self Talk Examples
<ul style="list-style-type: none"> • I'm not as good as I used to be (skiing-these thoughts lead to not wanting to ski, worrying about hurting myself, concerns for slowing down my friends etc) • I am a terrible cook (shuts me off from wanting to cook or have anyone over for dinner) • Me and computers don't get along. • I'll never get ahead • The more I earn, the more I spend. • I'm not qualified • What if they don't like me? I hate public speaking. • Don't rock the boat. • I'm always late 	<ul style="list-style-type: none"> • I love being outside and spending time with my friends. (don't have to lie to myself and say that I am as good as I used to be) This mantra eventually evolved into "I ski like a Rock Star" which really made me laugh, have fun and not concern myself with what anyone else thought of my skiing-it is just for me to let it all hang out. • I've made some great meals and with practise, I know I always get better. (opens me up to the opportunity to cook, have people over-expand) • I can learn this-one day at a time. • There must be a way to get ahead-other people have, so can I. • The more I make, the more I can save. • I have lots of great skills and experience. • I have something interesting and valuable to share. • It's good to question and try new things. • It feels great to be early & relaxed

- I'll never get this organized

- I always get colds

- I'll never lose weight

- There's no good men in Fernie

- Small victories lead to the big victories-one step at a time.

- I am vibrant, radiant and healthy

- When I eat well & exercise, my body responds and I feel great.

- They're all in Invermere-just kidding. Good men & women live everywhere.