

## LIMITING BELIEF CHALLENGE

Take the challenge! I challenge you to first identify any Limiting Beliefs that you may have on the list below or come up with more. Identify or print and circle any Limiting Beliefs you have on the list below so you can work on “Belief Busting” and let go of your Limiting Beliefs.

### Limiting Beliefs About MONEY, Prosperity and Business:

- It's spiritual to be poor.
- Money is evil/Money is the root of all evil.
- I'm not worthy to receive what I want/have money.
- We're (I'm) broke.
- You have to work hard to have money.
- Money will ruin you.
- Money doesn't grow on trees.
- We can't afford it.
- Rich people are unhappy/have no morals/have no integrity/are evil greedy/dishonest etc.
- Money can't buy you happiness.
- You think you're “all that” because you have money/nice house/nice car etc.
- Making money is a struggle.
- I can't charge more for my products or services.
- You can't make money in a bad/down economy.
- If I lose my job, I'll be homeless.
- A small/new business can't compete with an established/large business.
- I'll never be rich.
- I'm better than you because I have a nice house/car/clothes/job etc.
- Rich people had to cheat or screw people to get to the top.
- “The rich get richer and the poor get poorer.”
- I'm not good with money.
- My family has never been rich.
- Money is a limited resource.
- It's selfish to want a lot of money.
- If I'm successful people won't like me anymore and will be jealous of me.
- I'm no better than my parents, so I shouldn't make more than they did.
- If I make money I might forget what's truly important and not like the person I've become.
- There isn't enough money to go around.
- I don't deserve to make money. He/she doesn't deserve to make money.
- You should always use money well.
- To save money you have to do without things.
- Time is money.
- You have to do lots of things you don't like in order to have money.
- I will never have enough.
- Never buy anything that you don't need.
- I always rent; owning a house would be too scary.
- It's not fair that those people have so much more money than I do.
- It's not fair everyone else has money but me.
- If I had lots of money, I could buy a hot sports car. Then I could get a beautiful woman. Then I could finally relax and just be happy.
- If I had lots of money men would be intimidated by me.
- It takes money to make money.
- More money, more problems.
- I'll be happy when I have “x” amount of money in the bank.

- I'll be happy when I change jobs.
- It's greedy/selfish to want more.
- That costs too much. Everything is expensive.
- Money is hard to come by.
- Rich people are lucky.
- "Waste not, want not."
- I can't pay my bills.
- I never have enough money.
- I'll never be successful.
- I'll never get promoted.
- Everyone else gets promoted except me.

#### Limiting Beliefs About WEIGHT:

- Being overweight is in my genes.
- I can't lose weight.
- I have a slow metabolism.
- I have no willpower (to diet or avoid certain foods).
- Losing weight is hard work.
- I can't lose weight unless...
- I can't lose weight easily because...
- I have to follow a formal diet to lose weight.
- I have to force myself to lose weight.
- People gain weight when they get older/go to college/ have a baby etc.
- Some people are naturally thin, others aren't.
- If I'm thin, then "so & so" will feel left out/feel bad.
- If I'm thin & still can't meet guys/women, then I'm still a failure.
- I'm afraid to lose weight and become thin because men then will find me attractive and take advantage of me.
- I want to lose weight but I just don't believe I can be successful at this or anything.
- My family is all overweight.
- I can't do it/I can't stick with it.
- I can never eat my favorite foods again.
- It's too expensive to lose weight (& eat right/buy a weight loss program/join a gym etc)
- I've tried everything to lose weight (& still can't).
- I don't have time (or money) to eat right/healthy.
- It takes too long to prepare healthy foods.
- It's impossible to lose weight and keep it off.
- Every time I lose weight, I gain it back.
- "A moment on the lips, forever on the hips."
- Going to the gym is painful/time consuming/pointless etc
- Working out is too hard for me.
- I can't workout in the morning/evening etc
- I'm not that good at staying on track (to lose weight).
- Eat what is put in front of you. Clean your plate.
- There are starving children in Africa! Don't waste your food.
- I'll never be able to get in shape/workout given all of my commitments.
- I have to be thin to be loved.
- He/she will never like me because I'm fat.

## Limiting Beliefs About LIFE & SUCCESS:

- Life is hard.
- You have to work hard to get what you want in life.
- You have to go to college to get a good job.
- Once you're an adult, life is about responsibilities, not fun.
- Dreams aren't practical.
- Stop wasting your time dreaming!
- People (I) can't change permanently. I can't change.
- You have to "pay your dues" to get to the top/advance.
- Life is inherently frustrating or bad.
- "Life sucks and then you die."
- I'm powerless to change my life.
- Life is easier for everyone else but me.
- If I'm not perfect/smart enough/work hard enough etc, I won't be successful.
- I'm afraid of success. Success is scary.
- It's too late to change.
- I have no clue where to start.
- I don't know who I am.
- There's never enough time.
- Life would be easier if he/she would stop or start doing....
- Why would anybody listen to/buy from/hire me?
- Other people can do it better than me.
- If I succeed, I won't be able to sustain it.
- I don't have the skills to succeed/I'm not smart enough to succeed.
- People won't take me seriously enough because I am.....
- I've tried it before and failed so why should I try again? Or I'll fail again.
- What is meant to be will be.
- I'm happy with how things are now.
- "Don't rock the boat."
- Don't ask for too much from life or you will be disappointed.
- You can't have everything.
- We've always done it that way.
- Asking for something is selfish.
- Do not question authority.
- Life is what you make of it.
- No pain - no gain
- Work before play.
- Anything worth having is worth working for.
- No one owes you a living.
- Play is a waste of time.
- Quitters never win and winners never quit.
- Nothing good ever happens to me.
- I never win anything.
- I don't like people.
- Everyone is against me.

### Limiting Beliefs About Your SELF-ESTEEM/Self Worth/Character:

We take on beliefs from other people so there are statements in the beliefs below that start out with "You." Sometimes it's easier to recognize beliefs that sound like they're coming from someone else because that may be the way we heard them either during childhood or all of our life. When we take them on ourselves, the statements start with "I."

In this category, you can replace the adjectives with any adjective that erodes your confidence.

- You're (I am) stupid
- You're (I am) fat.
- You're (I am) Lazy/Unattractive/Slow/Clumsy/Frumpy/Obnoxious etc
- You'll never amount to anything.
- You're worthless.
- You're (I am) too loud.
- You're (I am) not good enough.
- Why can't you be more like your brother (or sister)?
- You're (I'm) not important.
- You're (I'm) not smart enough.
- You (I) don't deserve it.
- I am too young; people won't take me seriously.
- I am too old; it's too late to start.
- I'm pretty much doomed/I don't have good luck/Problems always follow me.
- Other people can do it because it's easier for them.
- What if people think I'm crazy?
- What other people think matters more than what I think.
- You're (I'm) a failure.
- I don't deserve this.
- I have less value now than I did when I was younger/richer/smarter/prettier/married etc.
- I can't do it.
- I'm not good/nice/smart/pretty etc enough.
- Nobody cares what I have to say.
- Good children are quiet.
- You (I) don't know anything.
- You (I am) are a good for nothing.
- You (I) live on the wrong side of town.
- You (I) never finish anything.
- You (I) can always do better.
- You (I) know better.
- Nobody likes me.

### Limiting Beliefs About LOVE & Relationships:

- Love Hurts/Love is painful.
- Everyone I love leaves me.
- Good looking men/women are unfaithful or unkind.
- I don't deserve a loving relationship.
- I'm not relationship material.
- All the great men/women are taken.
- I'll never meet anyone.
- Guys/Women don't like me.

- Men/Women always leave.
- I don't deserve or am not able to find someone I am attracted to/I'm not worthy of having a partner
- I'll always be alone.
- Marriage turns you into a boring person.
- An attractive man/woman will never want to be with the real "me."
- All marriages fail.
- The divorce rate is high so what's the point of getting married?
- People can't be trusted.
- People are out to hurt you/get you.
- Love relationships shouldn't be hard work; they should be magical.
- I've never been in a relationship that lasted so this one won't either.
- If this relationship doesn't work, I'll never have one again.
- I will never be able to trust anyone (again).
- I'm too old/fat/unattractive etc to find love.
- I have to stay with him/her because they'll fall apart/I can't survive on my own/for the kids etc
- Relationships are hard work.
- He/she *makes* me happy.
- I can't exist without him/her.
- I'm not pretty/attractive enough to meet someone.
- No one will ever love me (again).
- I'm broken.
- There must be something wrong with me (that I can't attract anyone).
- I have nothing to offer.
- I'll never find the same kind of person again.
- There's no one out there for me.
- It's scary/dangerous to be vulnerable.
- Love/relationships haven't worked in the past, so why should it work for me now?
- No one is going to love me that much.
- Love/relationships mean giving up my independence.
- Relationships are not my "thing."
- The only way I can be happy is if I'm in a relationship.
- I can't be loved because I have too much baggage.
- You (I am) are too fat/old/ugly/lazy etc for anyone to like/love you (me).
- No one will marry you (me).
- Men don't like women who are...
- Women don't like men who are...
- It hurts to be loved.
- He/she will never like me.
- I'm not good enough for him/her to like me.
- We only have one soul mate. (And I already had mine.)
- I'll never find my soul mate.