



STEP-BY-STEP GUIDE



DIAGNOSE & TREAT YOUR **LIMITING BELIEF** NOW

IT'S TIME TO MOVE ON FROM
YOUR OWN FAKE NEWS
and see yourself
through a different lens

DIAGNOSIS

Limiting beliefs can be sneaky! They can be hard to diagnose. They are hiding out in the areas where you're producing results that you don't want.

DIAGNOSING VIA A PROBLEM AREA

What area of your life have you really tried to improve but, no matter what, things just didn't get better?

TOP TIP: Anything you say to yourself to justify why it isn't working out for you is a limiting belief. Will that belief sound true to you? Of course! It will sound perfectly reasonable and valid and you can probably come up with lots of evidence to support it.

DIAGNOSING VIA AN EMOTION

You'll know you've still got a limiting belief lurking if your emotions are negative about a particular area. For example, if you're bogged down with financial pressures, how do you feel about it? Anxious? Angry? Hopeless? In what area of your life are your emotions most negative?

Top Tip: If you stay with that emotion and acknowledge it for a moment, you'll find the limiting belief right beneath it.

DIAGNOSING VIA CONVERSATION STATEMENTS

Our limiting beliefs generate stories that we tell ourselves about ourselves. They often slip out in everyday conversation. What story about yourself do you repeat to others? e.g. "I'm awful at public speaking" or "I'm bad with numbers" or "There is never enough time".

Top Tip: This story is not true. It was formed by the knocks and scrapes of life, as well as social and cultural conditioning. It's time to start telling a new story.

TREATMENT

It will be a **process, not an individual event**, which changes your auto-pilot ways of thinking. Unless we consciously do this work, we can set all the goals we want but we won't get there, because our outer world reflects our inner world. Here are five ways to treat and move on from your limiting belief.

▶ GET IN TOUCH WITH THE PAIN

How has this limiting belief caused damage? What has having low self-confidence in this area cost? Examples: Has it cost you a relationship? Has it cost you a job promotion? Has it caused anxiety? Get in touch with the pain so it motivates you to take action and not miss out on life anymore.

▶ TURN IT INTO A QUESTION

Asking ourselves questions is far more powerful than telling ourselves something. For example, you may find yourself declaring: "I'm terrible at presentations; they never go well for me." As a question it becomes, "Am I terrible at presentations? Have they ever gone well for me?" Potential answers may be: "I get shy and nervous. However, the last presentation I did went well. What did I do that worked and how could I do more of that?" Tweak any self-sabotaging statements into questions, e.g. turn "I am" into "Am I?" Mull over possible answers to these questions and come up with additional questions. "What if..?" produces a particularly fruitful line of enquiry.

▶ WHAT'S THE EVIDENCE?

When we analyse the evidence it unearths the garbage we've been telling ourselves and exposes it for what it really is – untruth. Use the space below to list the evidence that you are not what your limiting belief would have you believe.

TREATMENT

USE A BRAIN TRIGGER

A brain trigger can be a phrase, object or song that can aid you in combating your limiting belief. It triggers a different, more positive response in the moment, when you are most likely to revert back to your old ways of being.

TRIGGER PHRASE

Adopt a trigger phrase when you catch yourself in the act! For example, if you are standing, looking inside the fridge and your default limiting belief would usually be to say to yourself, “I hate the way I look,” try saying instead, “I’m getting healthier every day.” You’ll be much more likely to make a better, healthier choice at the fridge door. Here are some other examples:

- “I’m not intelligent enough” - “If I put in the work I can master anything.”
- “I’m too old” - “I have plenty of time. I have so much experience to draw on.”
- “Nobody likes me” - “The right people love me.”

What could your trigger phrase be?

TRIGGER OBJECT

I have a sea turtle necklace that reminds me of a turtle that visited my boat when I was rowing across the Atlantic. I touch the turtle whenever I am feeling a bit mentally wobbly. Choose an object that has meaning to you and that gives you inner strength. Maybe it’s a photo of your kids or even a trigger point on your body, like squeezing your earlobe.

What could your trigger object be?

TRIGGER SONGS:

Which one song always gives you that boost, and would distract you from sabotaging self talk?

What could your trigger song be?

TAKE ACTION

Nothing works better than taking action! Prove your limiting beliefs wrong by taking action and doing the thing that you’ve always thought you wouldn’t be able to do. Feel stuck and don’t know how? Just ask yourself, ‘What’s the next obvious small step I could take?’ Focus on controlling the controllables and don’t waste time or energy worrying about the things you can’t control as you can’t do anything about them anyway! Use the 4 step process on the next page to help you to take action on a specific goal.

ACHIEVING GOALS - FROM THE INSIDE OUT!

IF YOU WANT A DIFFERENT OUTCOME
YOU NEED A DIFFERENT STORY

Now we have the theory,
let's apply it to your specific
goals.



1 GOAL - WHAT DO YOU WANT?

2 MISSION CRITICAL ACTIONS:

3 SPECIFIC SKILLS:

4 WHAT STORIES WILL YOU TELL YOURSELF?

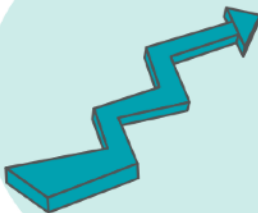


STEP 1: WHAT DO YOU WANT?

What goal do you really want to achieve that is aligned with your passion and purpose?

STEP 2: WHAT ACTIONS ARE CRITICAL?

What are the three mission critical actions that need to be repeated to achieve your goal?



STEP 3: WHAT SKILLS DO YOU NEED?

Which three specific skills will be required to complete the mission critical actions?



STEP 4: WHAT STORY SHOULD YOU BE TELLING YOURSELF?

What stories and beliefs about your identity would you be telling yourself if you had already achieved your goal?

