

Identify & Release

SELF-LIMITING THOUGHTS



A *Mindful* MIDLIFE

Self-limiting Thoughts

One of the most important aspects on your manifesting journey is to believe – not only must you believe that you are capable of manifesting your dreams, you must believe that you are worthy of receiving all that is to come to you.

Oftentimes limiting beliefs are so ingrained in us that they form the basis of our identity. We think thoughts like “I am not very good at math,” which over time shapes us so profoundly that we expand the thought to “I cannot be a doctor because I’m not good at math and will never get into medical school.”

Self-sabotaging thoughts are the primary reason you have not obtained the level of success or growth you desire. But the reality is that “I am not very good at math” is simply a belief you created, and any belief you create can be changed. The key is to identify the thoughts and beliefs that are holding you back and then release them to create room for the new beliefs that will shape the new you.

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In Part 1 on the following page, you will be asked to think about your limiting thoughts. Some examples include:

- If only I were *prettier*, I could *be an actress*
- If only I were *younger*, I could *switch professions and do something more fulfilling*
- If only I had *\$1 million*, I would *finally retire*
- If only I had *chosen a better partner*, I would *be happier*
- I’d like to *start my own business*, but I can’t because *I don’t have a good business idea*
- I’d like to *travel around the world*, but I can’t because *I can’t take the time off work*
- I’d like to *get in shape*, but I can’t because *I don’t have time to go to the gym every day*
- I’d like to *lose 20 pounds*, but I can’t because *I’ve always been chubby*
- I’d like to *become a nurse*, but I can’t because *I never finished my college degree*

Part 1: Identify

If only I were _____, I could _____

If only I were _____, I could _____

If only I were _____, I could _____

If only I had _____, I would _____

If only I had _____, I would _____

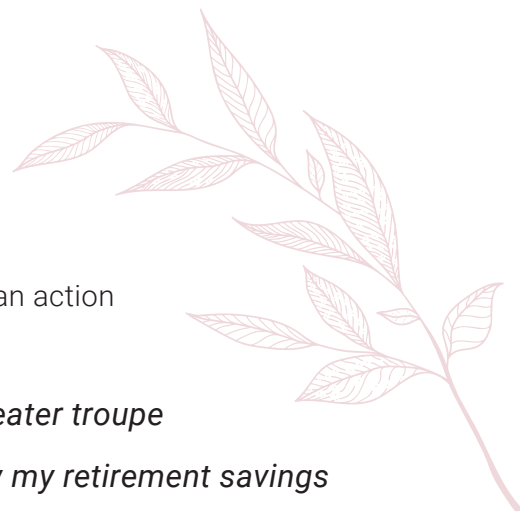
If only I had _____, I would _____

I'd like to _____, but I can't because I _____

I'd like to _____, but I can't because I _____

I'd like to _____, but I can't because I _____

Part 2: Release



Now change each statement and re-write it as a new belief. Include an action that will help you achieve the desired result. For example:

- I can *be an actress*, if I *audition for the local community theater troupe*
- I can *join an investment club*, if I *want to learn how to grow my retirement savings*
- I can *lose 20 pounds*, if I *hire a personal trainer who will keep me accountable*

I can _____, if I _____

I can _____, if I _____

I can _____, if I _____

I can _____, if I _____

I can _____, if I _____