

q advice: ELIMINATE THE NEGATIVES

8 steps to eliminate limiting beliefs & reprogram them to boost success

A limiting belief is a thought that restricts your personal growth and potential. These beliefs are often subconscious and stem from experiences, conditioning, or negative self-talk. Limiting beliefs can manifest as doubts about your abilities, fears of failure, or assumptions that certain goals are unattainable.



They hinder you from taking risks, trying new things, and achieving success. Identifying and challenging these beliefs is essential for personal development and unlocking your full potential.

Examples of some limiting beliefs are;

1. **"I don't deserve success."** - Believing that you are unworthy of achieving your goals.
2. **"I'm too old/young to do that."** - Believing that age determines your ability to succeed.
3. **"I always fail at everything I try."** - Expecting failure based on past experiences.

These beliefs can be deeply ingrained and often operate subconsciously, significantly impacting your decision-making and overall life satisfaction. To effectively eliminate limiting beliefs and enhance your success, it is crucial to recognise that you are in control of your thoughts and feelings. You have the power to shape your own reality.

By identifying and reframing negative self-talk into positive affirmations, you can transform your mindset and achieve your full potential. When you catch yourself saying "I am not worthy" or "I am not important" you need to flip it into "I am worthy" and "I am important". Eliminating these limiting beliefs and reprogramming them requires a structured approach.

Here are some steps to guide you through the process:

1. Identify Limiting Beliefs

- **Self-Reflection:** Take time to reflect on your thoughts and feelings. Notice any recurring negative thoughts or patterns.
- **Journaling:** Write down beliefs that seem to hold you back. This helps in identifying them clearly.

2. Understand the Origin

- **Inner Child Work:** Explore experiences from your childhood that may have shaped these beliefs. Understanding their origin can help in addressing them.
- **Mind Mapping:** Create a mind map to trace the origin of each belief and its impact on your life.

3. Challenge Your Beliefs

- **Question Them:** Ask yourself if these beliefs are based on facts or assumptions. Challenge their validity.
- **Seek Evidence:** Look for evidence that contradicts these beliefs. This can help in weakening their hold on you.

4. Reframe and Replace

- **Positive Affirmations:** Create positive statements that counteract your limiting beliefs. For example, replace "I am not good enough" with "I am capable and deserving of success."
- **Visualisation:** Visualise yourself succeeding and embodying these new beliefs. This helps in reinforcing them.

5. Practice Consistency

- **Daily Affirmations:** Repeat your positive affirmations daily, especially in the morning and before bed.
- **Mindfulness:** Practice mindfulness to stay aware of your thoughts and feelings, allowing you to catch and correct negative patterns.

6. Reinforce New Beliefs

- **Act As If:** Behave as if your new beliefs are already true. This helps in solidifying them in your subconscious mind.
- **Surround Yourself with Positivity:** Engage with people and environments that support and reinforce your new beliefs.

7. Seek Professional Help

- **Therapy:** Consider working with a therapist, healer or coach who specialize in relevant modalities.
- **Workshops and Courses:** Attend workshops or enroll in courses that focus on personal development and mindset transformation.

8. Track Your Progress

- **Journal Your Journey:** Keep a journal to document your progress, challenges, and successes. This will help you stay motivated and see how far you've come.
- **Set Milestones:** Establish small, achievable goals that align with your new beliefs. Celebrate your successes along the way.

Reprogramming limiting beliefs is a continuous process that requires patience, persistence, and self-compassion. By actively engaging in these practices, you can transform your mindset and boost your success, leading to a more fulfilling and empowered life. Trust in the process, and in due time, your mind will fully embrace your new beliefs, shaping your experiences and creating the life you envision.

Rena Harvey, author of [The Formula of Life: Go Deeper Rise Higher](#), is a highly sought-after healer, speaker, teacher, reiki master practitioner, sound therapist, holistic counsellor and author who helps empower people to move through their pain and transform it into their power. For more information visit www.renaharvey.com.au

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