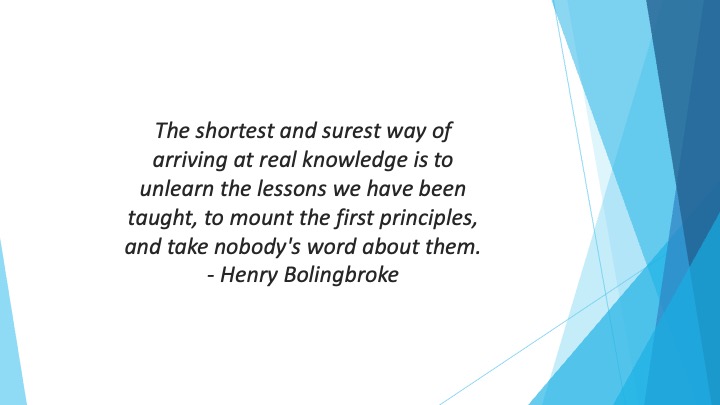
**Chapter 3: Why You Must Let Go of Limiting Beliefs**

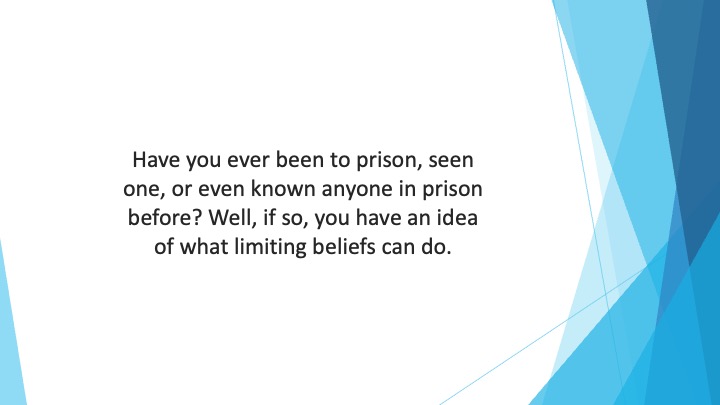
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**S1** : In this video, we’ll talk about “Why You Must Let Go of Limiting Beliefs”

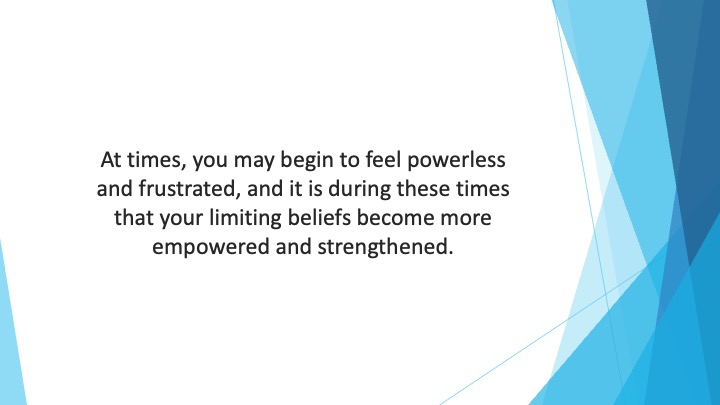


**S2 :** The shortest and surest way of arriving at real knowledge is to unlearn the lessons we have been taught, to mount the first principles, and take nobody's word about them.

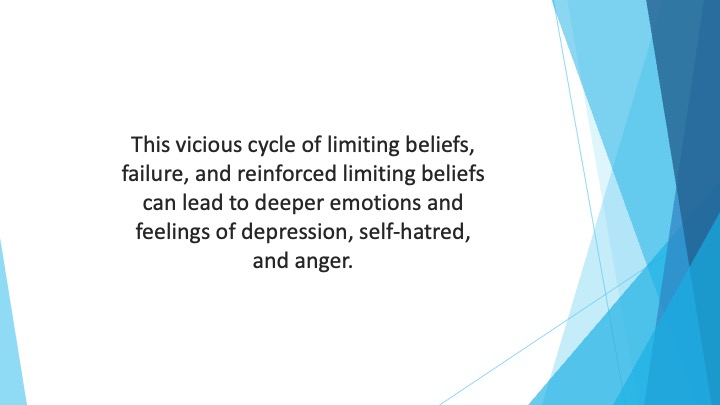
- Henry Bolingbroke



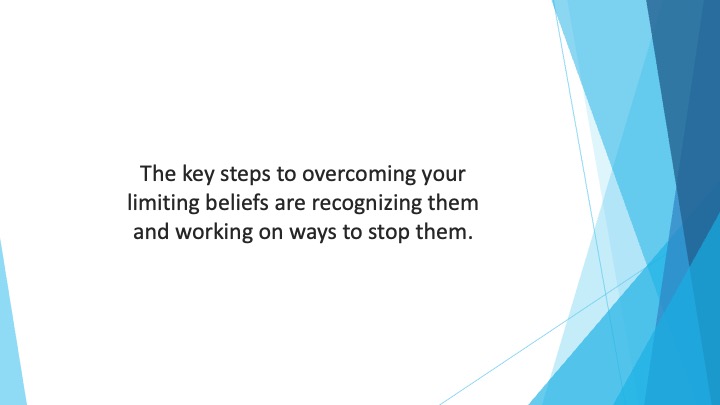
**S3** : Have you ever been to prison, seen one, or even known anyone in prison before? Well, if so, you have an idea of what limiting beliefs can do. Limiting beliefs are nothing more than self-imposed prisons. They block you from achieving true success and reaching your full potential.



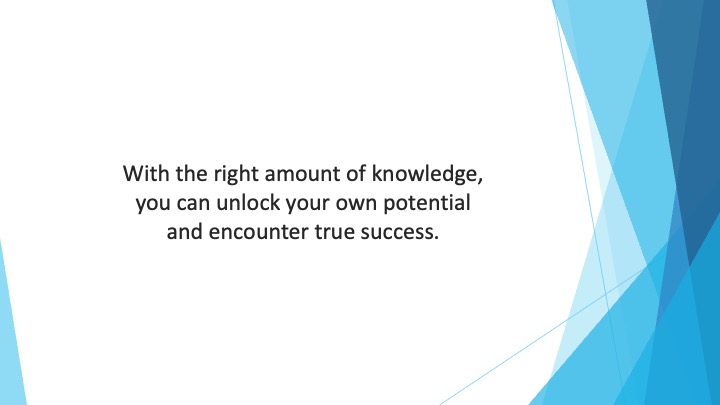
**S4** : At times, you may begin to feel powerless and frustrated, and it is during these times that your limiting beliefs become more empowered and strengthened. Limiting beliefs feed off failures and setbacks, telling you, “I told you so,” “You're not good enough,” or “You shouldn’t have done that.”



**S5 :** This vicious cycle of limiting beliefs, failure, and reinforced limiting beliefs can lead to deeper emotions and feelings of depression, self-hatred, and anger. If left unchecked, you can be crippled by your limiting beliefs.



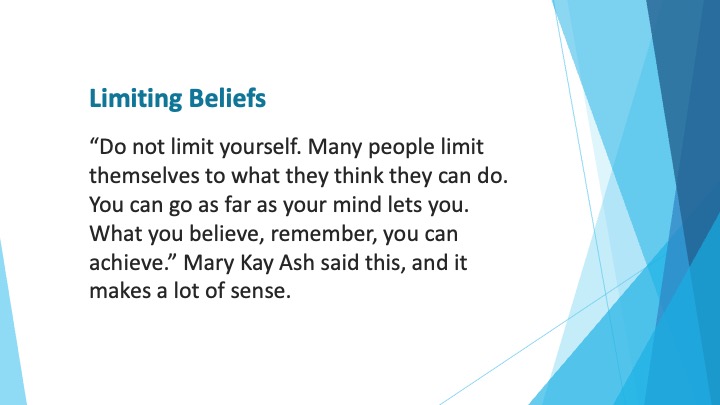
**S6 :** The key steps to overcoming your limiting beliefs are recognizing them and working on ways to stop them. This opens up the door to actualizing your true potential and purpose.



**S7 :** With the right amount of knowledge, you can unlock your own potential and encounter true success.

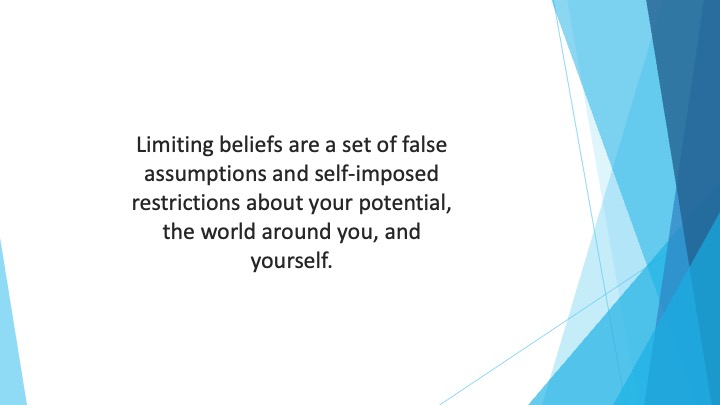


**S8 :** The freedom to reach your success is evident, and you can make it a reality.

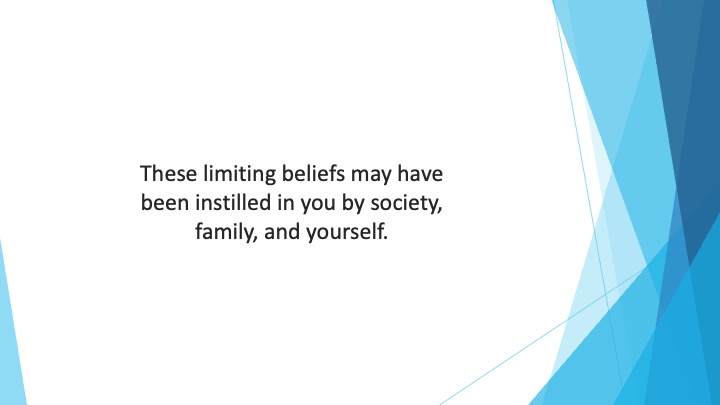


**S9 :** Limiting Beliefs

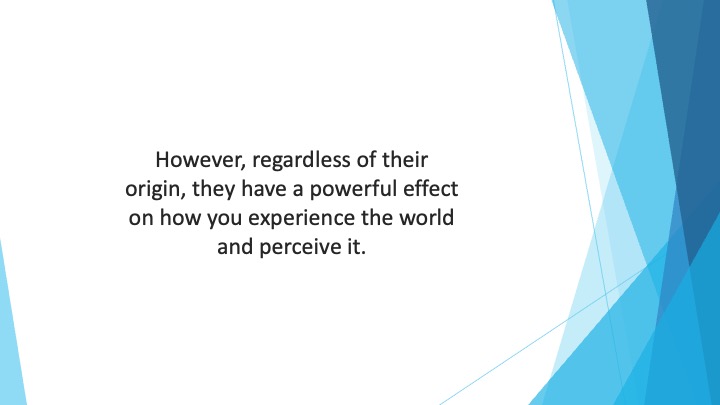
“Do not limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.” Mary Kay Ash said this, and it makes a lot of sense.



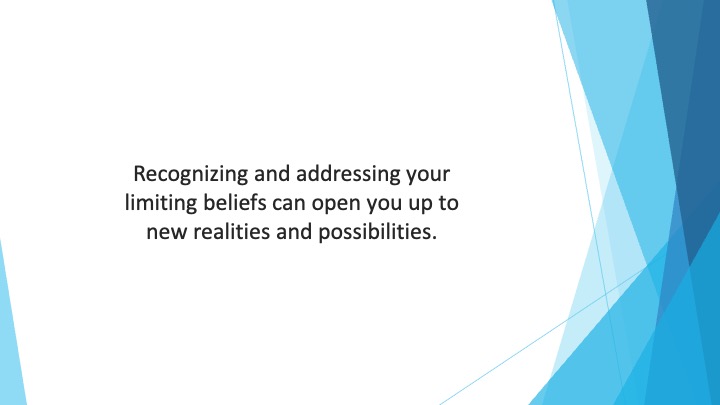
**S10 :** Limiting beliefs are a set of false assumptions and self-imposed restrictions about your potential, the world around you, and yourself. They can hold you back from living your life to the fullest, reaching your goals, and achieving success.

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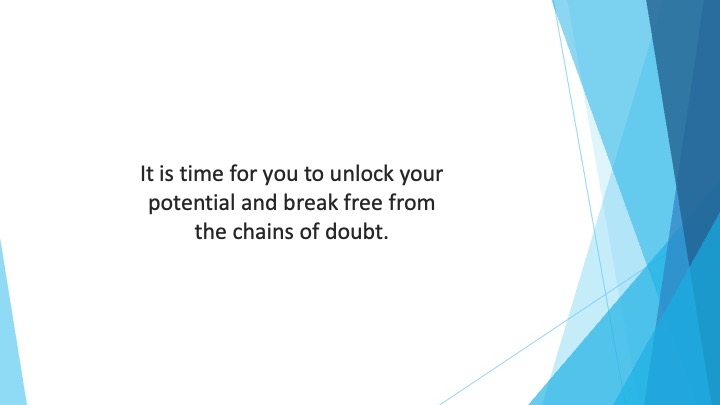
**S11 :** These limiting beliefs may have been instilled in you by society, family, and yourself.



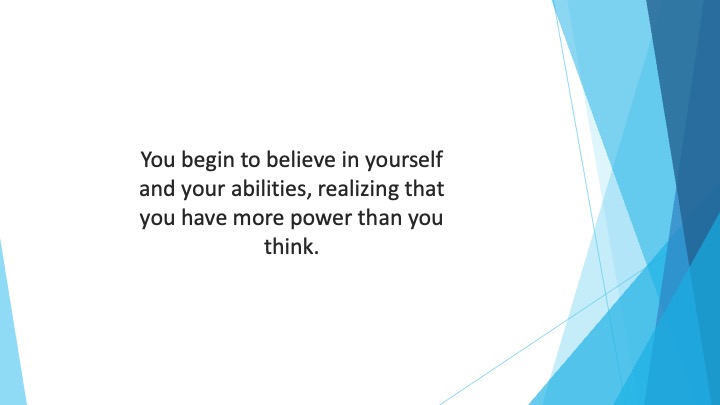
**S12 :** However, regardless of their origin, they have a powerful effect on how you experience the world and perceive it. Usually, limiting beliefs leave you with feelings of self-doubt, inadequacy, and fear that impede your progression in personal growth and life.



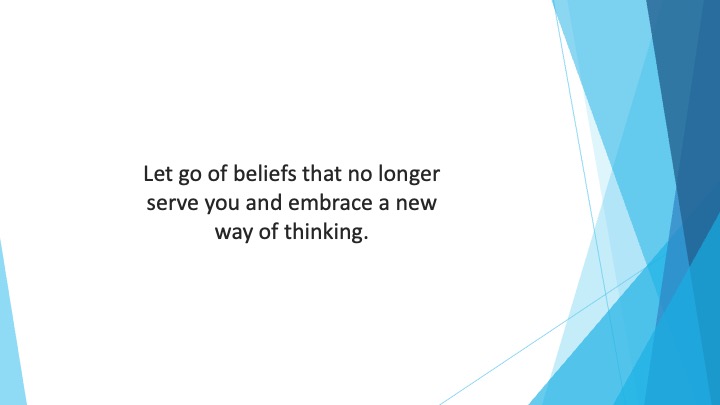
**S13 :** Recognizing and addressing your limiting beliefs can open you up to new realities and possibilities. You begin to live authentically and free yourself from the shackles of your mind.



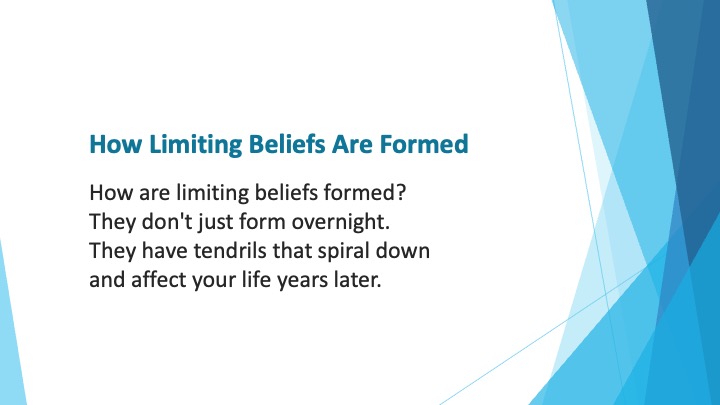
**S14 :** It is time for you to unlock your potential and break free from the chains of doubt.



**S15 :** You begin to believe in yourself and your abilities, realizing that you have more power than you think. Do not let what others say or think stop you from achieving greatness.

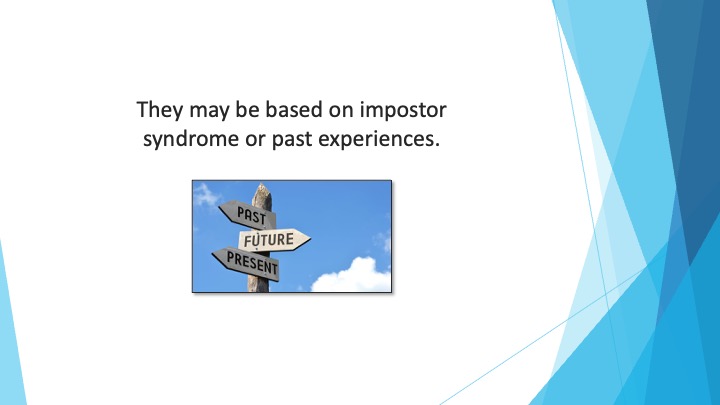


**S16 :** Let go of beliefs that no longer serve you and embrace a new way of thinking.

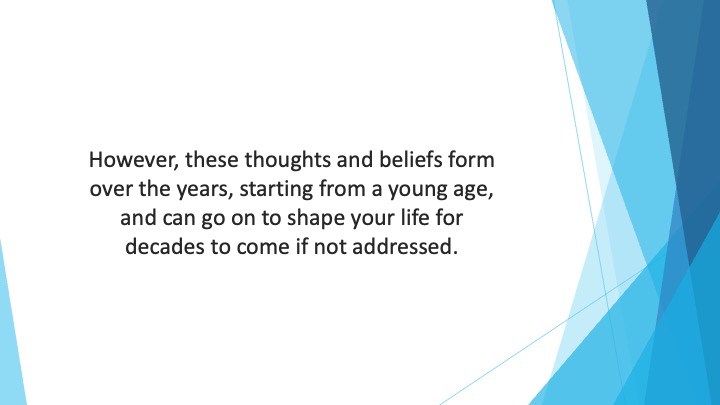


**S17 :** How Limiting Beliefs Are Formed

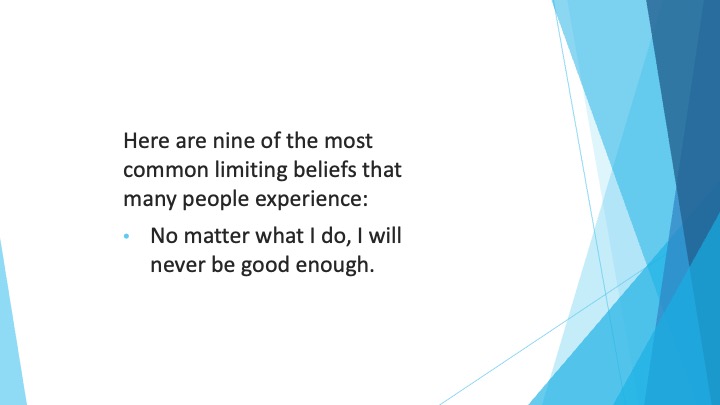
How are limiting beliefs formed? They don't just form overnight. They have tendrils that spiral down and affect your life years later. If you are not careful, limiting beliefs can tremendously affect your life and your ability to reach your full potential.



**S18 :** These beliefs usually stem from the brain's desire to protect you from fear and pain in the future. They may be based on impostor syndrome or past experiences.

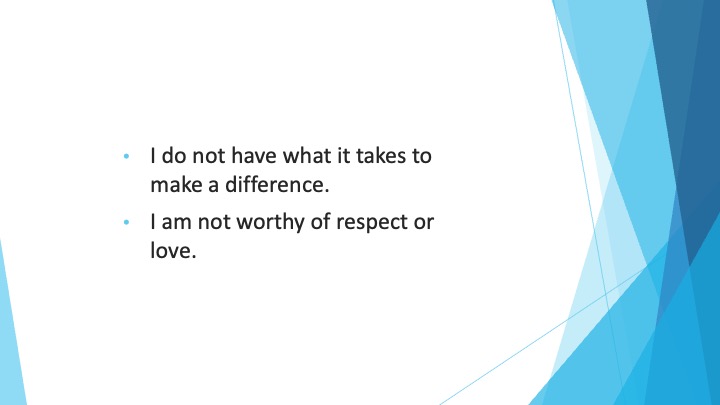


**S19 :** However, these thoughts and beliefs form over the years, starting from a young age, and can go on to shape your life for decades to come if not addressed.



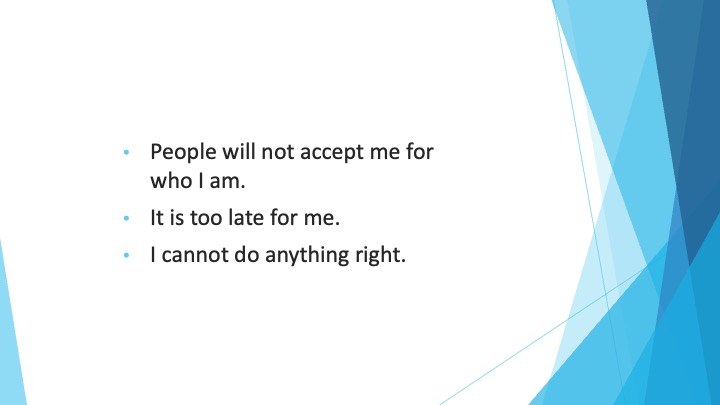
**S20 :** Here are nine of the most common limiting beliefs that many people experience:

• No matter what I do, I will never be good enough.

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**S21 :** • I do not have what it takes to make a difference.

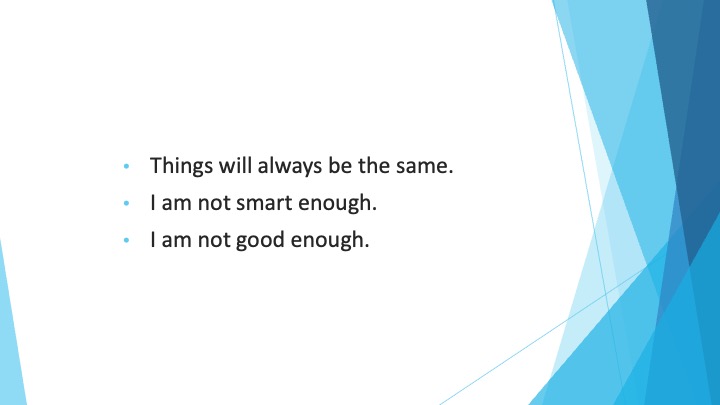
• I am not worthy of respect or love.



**S22 :** • People will not accept me for who I am.

• It is too late for me.

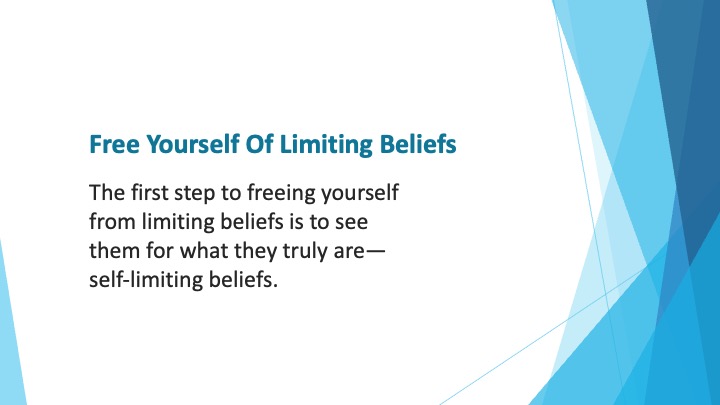
• I cannot do anything right.



**S23 :** • Things will always be the same.

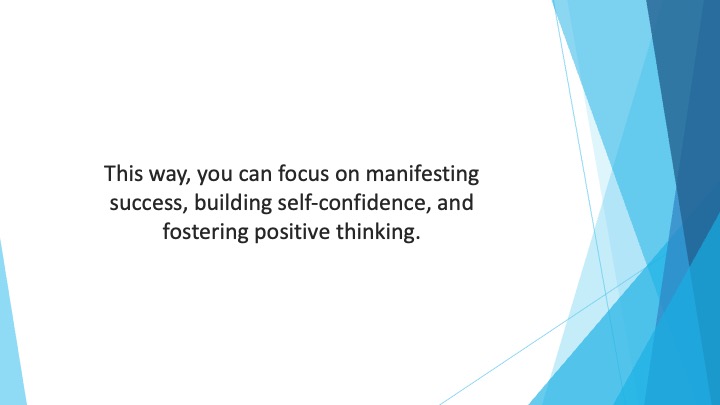
• I am not smart enough.

• I am not good enough.

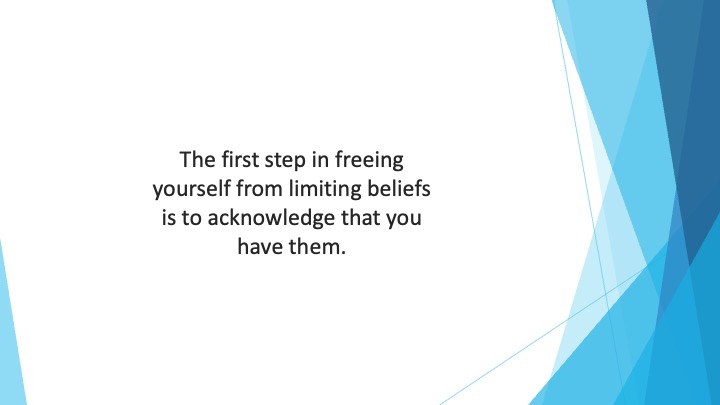
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**S24 :** Free Yourself of Limiting Beliefs

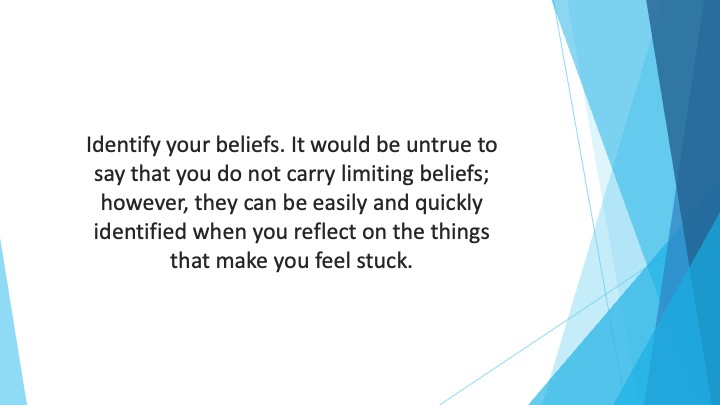
The first step to freeing yourself from limiting beliefs is to see them for what they truly are—self-limiting beliefs. Then, with actions and intentions, you can break through the walls of rigid beliefs and find fulfillment.

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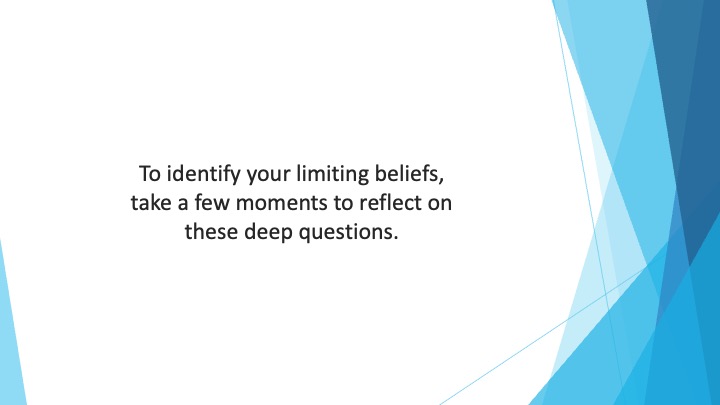
**S25 :** This way, you can focus on manifesting success, building self-confidence, and fostering positive thinking.

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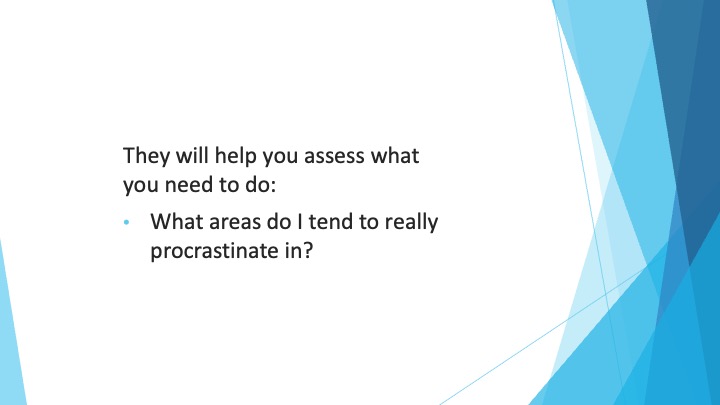
**S26 :** The first step in freeing yourself from limiting beliefs is to acknowledge that you have them. An enemy recognized is an enemy that can be defeated. So, start by identifying them.

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**S27 :** Identify your beliefs. It would be untrue to say that you do not carry limiting beliefs; however, they can be easily and quickly identified when you reflect on the things that make you feel stuck. Write out your beliefs and place them where you can easily see and confront them head-on.

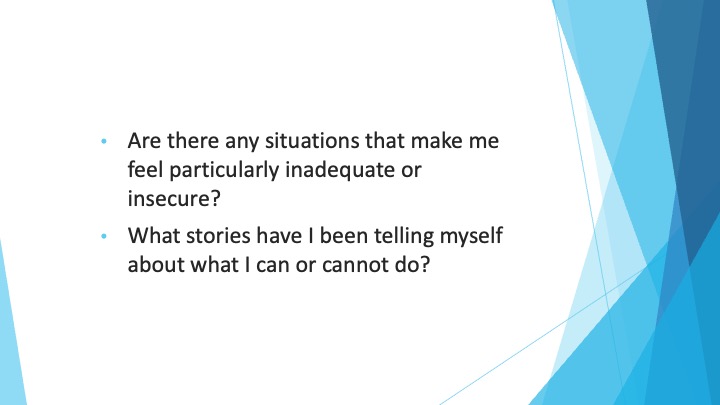
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**S28 :** To identify your limiting beliefs, take a few moments to reflect on these deep questions.

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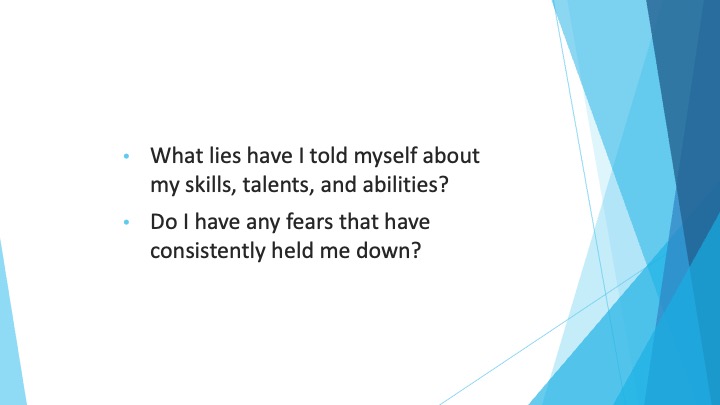
**S29 :** They will help you assess what you need to do:

• What areas do I tend to really procrastinate in?

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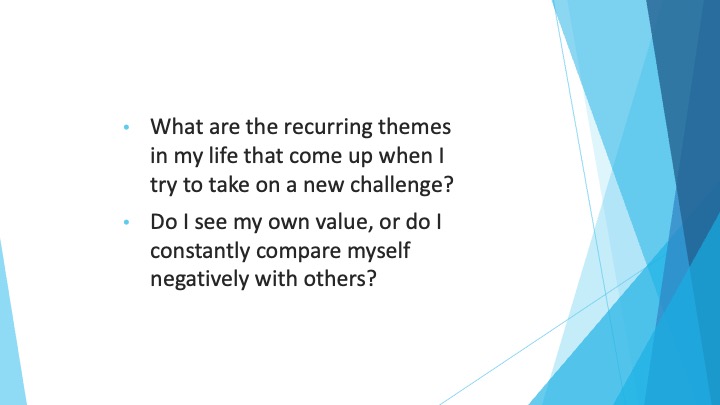
**S30 :** • Are there any situations that make me feel particularly inadequate or insecure?

• What stories have I been telling myself about what I can or cannot do?

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**S31 :** • What lies have I told myself about my skills, talents, and abilities?

• Do I have any fears that have consistently held me down?

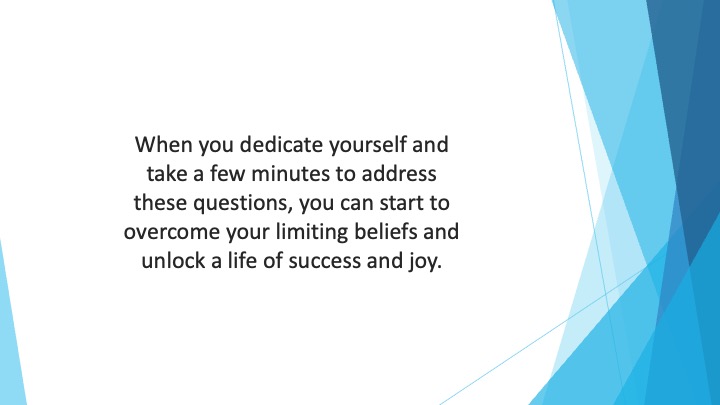
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**S32 :** • What are the recurring themes in my life that come up when I try to take on a new challenge?

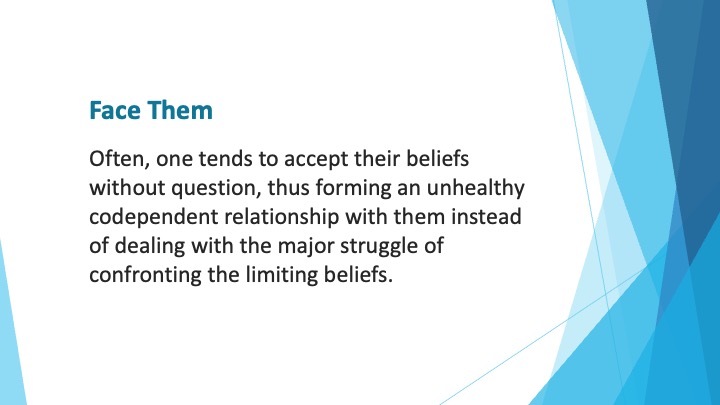
• Do I see my own value, or do I constantly compare myself negatively with others?

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**S33 :** • Are there any conversations or topics that make me feel very uncomfortable?

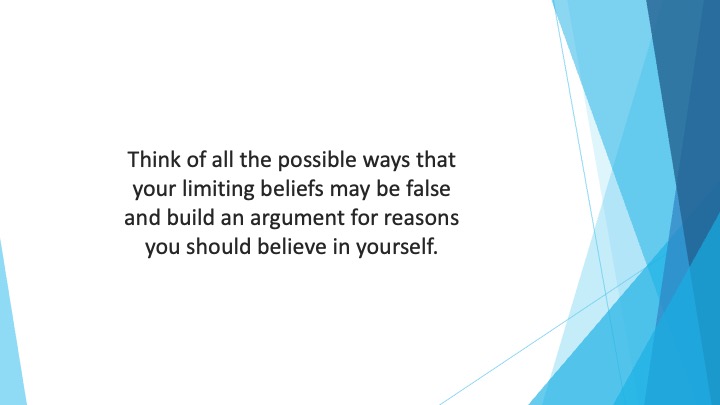
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**S34 :** When you dedicate yourself and take a few minutes to address these questions, you can start to overcome your limiting beliefs and unlock a life of success and joy.

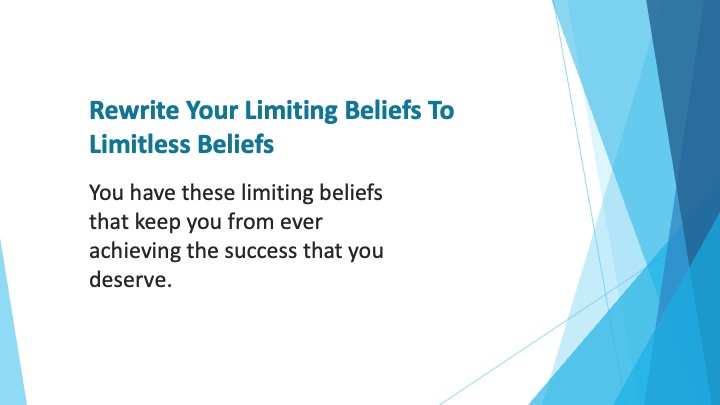
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**S35 :** Face Them

To unlock your full potential, you must confront your limiting beliefs. Often, one tends to accept their beliefs without question, thus forming an unhealthy codependent relationship with them instead of dealing with the major struggle of confronting the limiting beliefs.

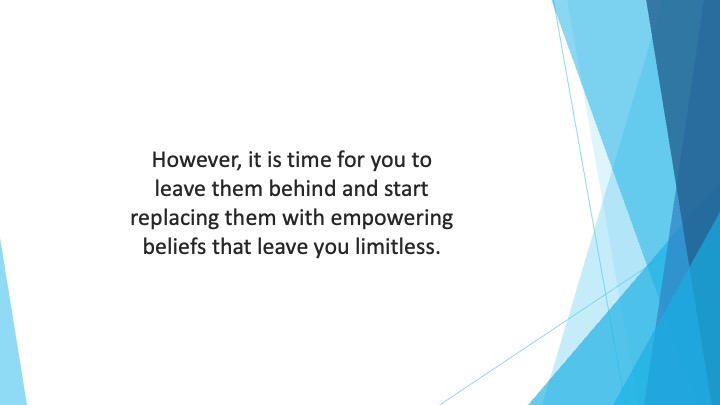
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**S36 :** Get a written list of your limiting beliefs and confront them. Think of all the possible ways that your limiting beliefs may be false and build an argument for reasons you should believe in yourself. This process will help you tap into your full potential and guarantee your success.

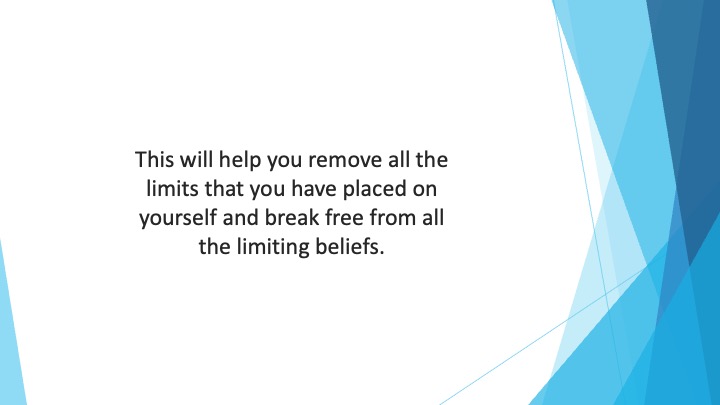
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**S37 :** Rewrite Your Limiting Beliefs to Limitless Beliefs

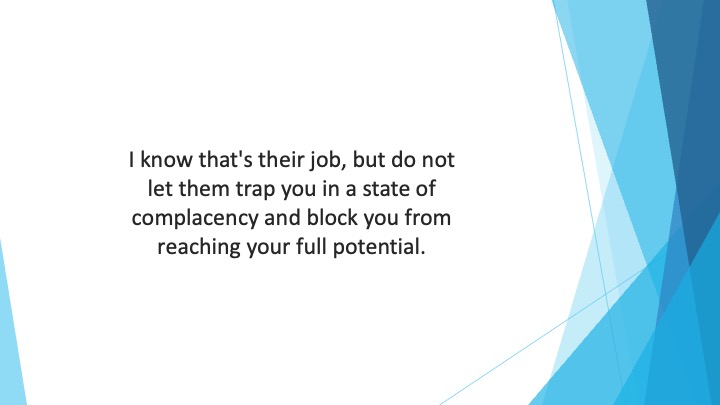
You have these limiting beliefs that keep you from ever achieving the success that you deserve.

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**S38 :** However, it is time for you to leave them behind and start replacing them with empowering beliefs that leave you limitless. Take all your limiting beliefs and rewrite them into limitless beliefs.

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**S39 :** This will help you remove all the limits that you have placed on yourself and break free from all the limiting beliefs.

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**S40 :** This will help you remove all the limits that you have placed on yourself and break free from all the limiting beliefs.