

What Is a Limiting Belief?

- ❏ A limiting belief is a thought, assumption, or conviction that you hold to be true – that constrains you in some way, preventing you from reaching your full potential.

About Self:

"I'm not smart enough"

"I don't deserve success"

"I'm too old/young"

About Others:

"People can't be trusted"

"No one will support me"

"I have to do everything alone"

About the World:

"The system is rigged"

"Success requires luck"

"There's never enough"



Key Insight: Limiting beliefs feel like facts – but they are stories we've accepted as truth.