



Wednesday's Child



Reframing Limiting Beliefs

“Whether you think you can
or think you can’t, either way,
you will be right.”

HENRY FORD

Beliefs

What is a belief?

A belief is an idea that a person holds as being true. A belief can come from different sources, including:

- A person's own experiences or experiments
- The acceptance of cultural and societal norms (e.g. religion, friends, family)
- What other people say (e.g. education or mentoring)

How do our beliefs affect us?

Our experience of the world is affected by our beliefs. Our beliefs shape our thinking, which affects our behaviour. If you want to change or improve your behaviour, for example, it can be useful to investigate what beliefs you have about this. Your beliefs determine how you filter: they determine your deletions, distortions and generalizations.

Empowering vs Limiting Beliefs

Beliefs can be empowering, giving you more confidence & power, or they can be limiting, restricting or preventing you from moving forward towards your dreams or goals. Below are some examples of empowering and limiting beliefs.

Empowering Beliefs	Limiting Beliefs
"I am responsible for the life I create"	"I am no good"
"I embrace challenges because I will always find a way to overcome them"	"I will never get better at this"
"Good things happen when you make them happen"	"I am too young"
"I can change if I want to"	"I don't have time"
"I am in control of my life and my happiness"	"I will never be successful"
"If it's worth doing, it's worth doing well"	"It is too late to change now"
"I am open to new possibilities and opportunities"	"I can't do it"

Reframing Limiting Beliefs

How you view or refer to yourself shapes your identity and influences your major life decisions. You can actively build empowering beliefs that reinforce your uniqueness.

Below are some examples of some common limiting beliefs and reframes.

Limiting Beliefs	Re-frame
"I'm not good enough"	"My competence grows with effortful practice"
"I don't deserve it" (unworthy)	"Whether I win or not, I deserve success"
"I'm a failure"	"I'm a learner"
"I don't have the money/time/resources"	"I will consistently work at it and find the money/time/resources" "How can I find the money/time/resources?"
"I'm going to get laughed at, embarrassed, rejected"	"The people that matter will appreciate and respect my efforts. I appreciate and respect my efforts"
"I won't be able to maintain it when I'm successful"	"If I've done it once, I can do it again"
"I could lose everything"	"I will always seek a healthy balance between risk and reward and cover my responsibilities"
"I don't want to feel alone"	"I will become comfortable with my own company and make the most of my time with others"

Over to you...

What are the three most common things you say about yourself that can be seen as negative or disempowering? Create an empowering reframe for each one and write them down
(there is room here for more than 3, if you want to re-frame more).

Keep the written re-frames in your wallet, phone, diary and read them regularly, especially if you are feeling negative or disempowered.

Limiting Beliefs	Re-frame

If negative thoughts or beliefs occur notice, accept, let go and re focus on your empowered reframes and what you do want as often as you need to.