

LIFE ACHIEVEMENT ACADEMY

LESSON 4

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AVOIDING LIMITING BELIEFS:

It is important to know where we got our limiting beliefs from so that we can learn in the future how to avoid them.

When we were young and we had our parents and caretakers look after us, we saw them as GOD. We trusted that everything they told us was 100% true.

Now is the time for YOU to start choosing what to accept about you and not to take second hand suggestions about this.

Once you take control over your beliefs you will be on the right path to achieving what you want and desire in life.

It is useful to understand that:

There are two ways in
which children learn:

1. Children learn by imitation
2. Children learn by avoiding situations that they believe will cause them pain.



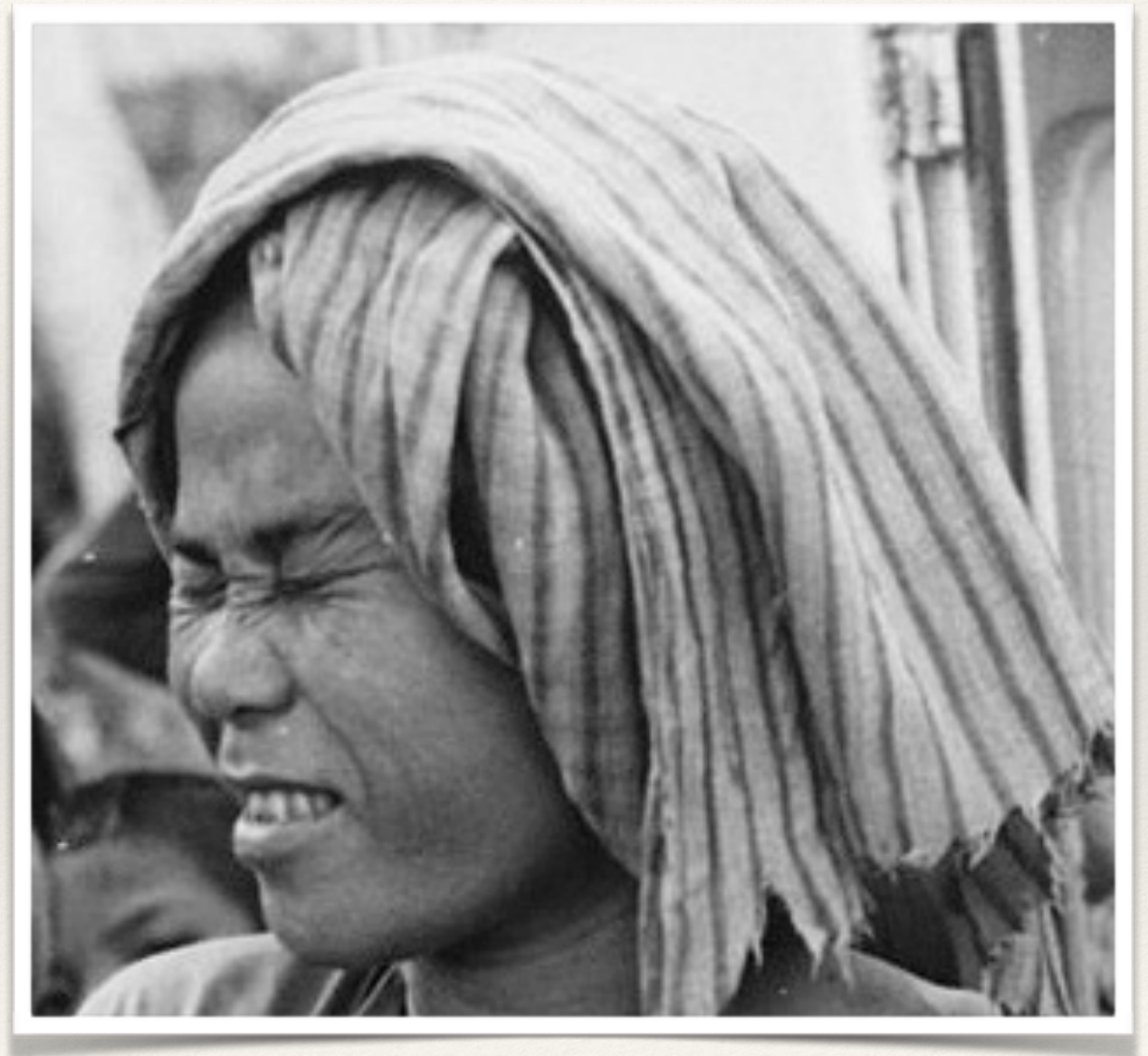
1. Children learn through imitation:

They imitate their parents and caretakers. Therefore, parents and caretakers whom they themselves have limiting beliefs, (which they probably received from *their* parents and caretakers), will pass these limiting beliefs onto their children through suggestions.

2. Children learn by avoiding pain:

When we grow up in a family setting where we received love under condition, then we will want to avoid situations that will lead to not getting that love from our parents.

Parents and caretakers, by using specific language, make the child feel loved only under specific conditions, and this will lead to feelings of unworthiness as the child grows.



Specific language gives the child the message that they are not loved if they behave in certain ways.

Language such as...

You're a bad child
You don't know what
you're doing
Don't you have enough
sense not to do that, etc...

By why do parent use this kind of language?

- ❖1. They imitated it from their own parents who used this kind of language with them.
- ❖2. It works great at manipulating the child's behaviour to conform to the parents request so that the life of the parent becomes much easier.

But this kind of behaviour towards the child ruins all of the spontaneity, fearlessness and self esteem the child has.

This kind of upbringing has a very negative and long lasting effect on the child.

These children will form a
fear of failure *and* a fear of
success

They do not see themselves as
worthy of success, and,
They have a fear of failure
because they do not want to
displease their parents or
anybody around them.

These children grow up to become people pleasers and will find it difficult to succeed in life

They become adults that have a very difficult time getting out of their comfort zone and doing what it takes to succeed.



We can now *change* these thoughts and beliefs!

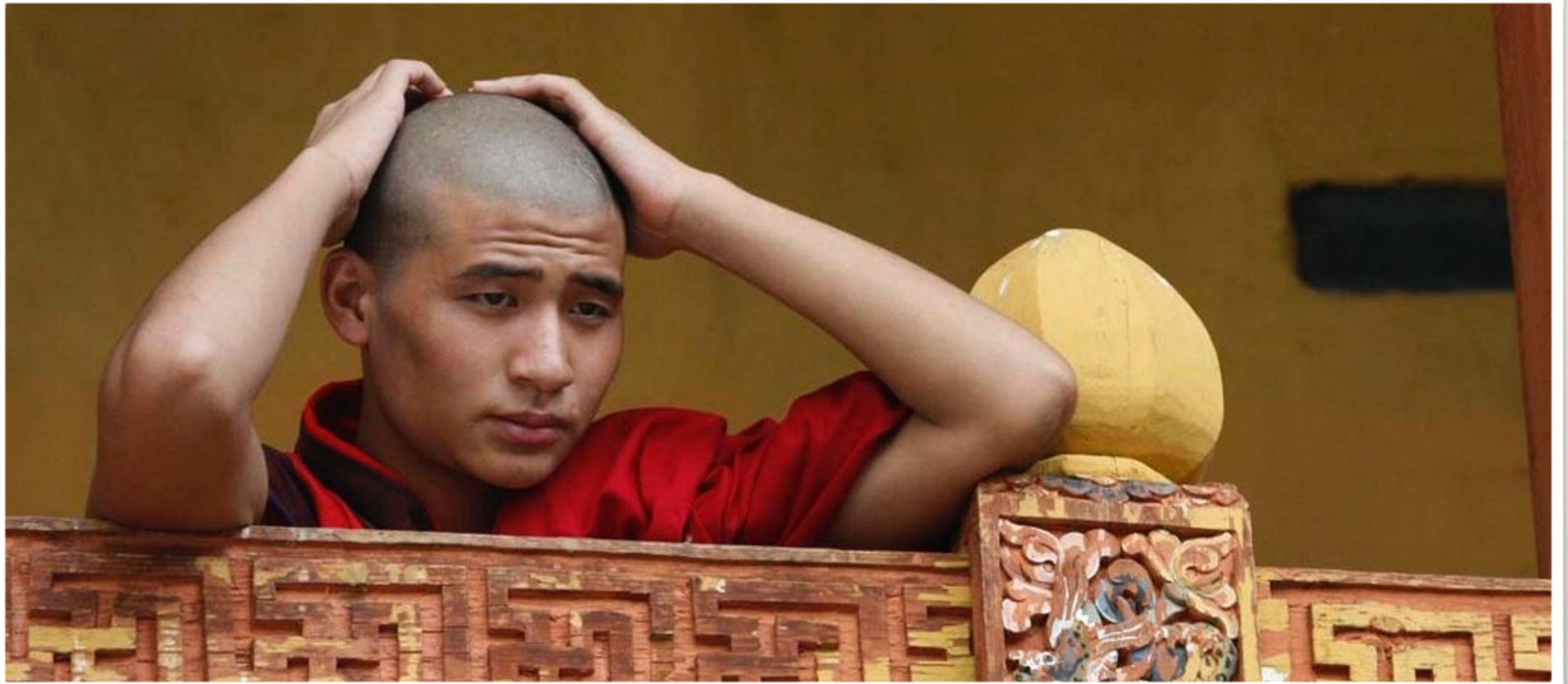
- ❖ We did not come to this world to please others.
- ❖ We are here to make sure that we do the job that we came here to do.
- ❖ Only this will make us happy



Once we see ourselves as worthy individuals and start to love and respect ourselves, then...

We can start to create and enjoy being in long term relationships, having long term goals, maintaining our health and peace of mind and creating the wealth and life we wish to have.

The only way to change our beliefs is
to replace them with different beliefs
of what we DO wish to have.



There is only room for one
conscious thought in our
mind at a time

We always have the choice of
which thought we choose to
place in our mind whether be it
a positive or a negative thought.

Always try to place a positive thought in your mind and to replace any negative thought you may be entertaining.

What we focus upon will form our pool of thoughts that we have in our subconscious mind. From this pool of thoughts will come our behaviours and our actions.

We can choose to focus on the positive side of everything.

There is always a positive side to everything, we just have to **choose** to see it.

The more our pool of thoughts is positive,
The more easily we will bring into our lives
the positive things that we are wishing for.

In the next lesson we will be learning about clearing any limiting beliefs that are blocking our path to success.