

Clear Self Limiting Beliefs

Lesson 5

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“I would never die for my beliefs
because I might be wrong”

– Betrand Russel

We each hold a never ending list of limiting beliefs. They may encompass every aspect of our lives.

It is important to clear self limiting beliefs as much as possible so that you can become the best version of yourself and reach fulfilment and happiness.

But first, what are these limiting beliefs and where do they come from?



A limiting belief is a thought that limits your abilities of achieving anything we want in life.

- ❖ We are always creating, because this is our essence. We may be creating unconsciously, or consciously, the choice is always ours.
- ❖ Whatever is filling up our lives today, we have created.
- ❖ Whether we create positive life conditions or negative ones is all dependant on our choices.
- ❖ Because we have created everything in our lives, we each have the ability to overcome any difficulty through choosing a different attitude towards it.
- ❖ There are things in life that we cannot change, for example, the death of someone we loved, a handicap that we have, a weather catastrophe that hit our country, etc, but we always have a choice of determining how we feel and how we react to these situations.

We are where we are today because of the choices we have made up to this point.

- ❖ These choices were made from our personal beliefs of who we are, what we are capable of and how much connection we feel with our source.
- ❖ Once we start choosing better choices for ourselves, ones that provide us with true joy, choices that come from love, belief and happiness, we will start to fly and create the most amazing life for ourselves.

But where do these beliefs come from?

- ❖ We have gathered them throughout the years from sources that we respected and admired, from caretakers, parents, teachers and friends.
- ❖ We have also made some up for ourselves following life experiences that we experienced.

We see the world as limited, when in fact it is absolutely unlimited.

Even if we are physically limited, we are still unlimited with what we can achieve, within the boundaries we have created for ourselves, but with the use of some imagination, that we were given for the creative purpose from our Source who created us, we can clear self limiting beliefs and free ourselves to our true potential.

We were given imagination so
that we can create, and we
CAN create EVERYTHING that
we can imagine in our minds.

We just have to go about it in
a methodological strategy,
and with persistence and
belief we WILL reach our
goals and desires.



- ❖ The sum of all of your beliefs make up who you are today.
- ❖ You will always act, behave and become the sum of your beliefs.
- ❖ No more and no less than what you believe, you can become and achieve.
- ❖ You are the only one forming boundaries of your abilities.

These are beliefs that we hold for all parts of our lives and we can only amount to as much as we believe we can amount to, and no more. That is why we call these "limiting beliefs". They put us into a certain frame of mind from which we find it difficult to leave its boundaries.



Well, ladies and gentlemen,
its time to clear these self limiting beliefs and leave these boundaries behind.

Its time to start living life to your full potential.

*Now lets start an exercise that will help you
remove your limiting beliefs:*

Think about the IDEAL version of yourself.

Where are you in your ideal form?

What is your ideal YOU and what is your ideal life for YOU?

Please use the gift of imagination. Use it to create a vision of the
ideal you now.

Please create the vision of the ideal you through your own terms.
Do not think about the ideal you in terms of your mother, father,
teacher, neighbour.

Think about the ideal you that comes from your soul.

What are your real desires?

What is YOUR TRUTH about your ideal self?

Now please write your truth of what your ideal is in terms of:

1. Relationships including family relations
2. Living accommodations
3. Health
4. Financial circumstance
5. Most importantly, write down your ideal YOU characteristics

This last (5th) step is usually the hardest for us to write, because we may still be stuck in terms of what we can and can't be, so to help you fill this last step out, I want you to write down a list of 5 people you really admire and consider as WINNERS. The list can have people from any walk of life, those whom you know personally or not, this doesn't matter.

For each person on your list, write down the 5 characteristics they have that you truly respect and admire. Write down why you consider them as winners.



Now you have before you a list of
25 characteristics that you consider
as ideal.



The next step is to write down the
ideal picture of you.

For every ideal characteristic that you found,
write down:

I, (enter your name), **am** ... (write down the
characteristic that belongs to the ideal you).

The point of this exercise is to form a new picture of yourself, and to create a new belief system that will not be ruled by limiting beliefs. The ideal you is what you consider as being a winner, and you deserve to be that ideal person you want to be. Not only do you deserve to be that person, you can, absolutely be that person. Remember that most of us are only using 1-5% of our minds potential! The reason is not because we can't use more of our minds potential, it is because we are the only ones whom are sabotaging our chances of using any more of our potential through the limitations we have created for ourselves. If you can imagine something in your mind, then you can certainly create that something.

The only way to change your life is to change your beliefs about everything that you believe is limited. It's about time, for you, and for those around you, and for the world that you start projecting the ideal you.

The next step is to print out the list of the ideal you in a small square note that will fit as a sticker on the back of your mobile phone. Laminate the list and buy a double sided tape and stick it on the back of your phone, or just leave it in your wallet, and have a look at this list as often as you can throughout the day.



This will gradually help you to release the old, limited beliefs you hold of yourself, and will allow space for the new, unlimited, amazing you to finally shine through.

THANK YOU

– *GiGi*