

Studio for the Inner Voice®

Overcome Self Limiting Beliefs with a Positive Inner Voice

Like a recording in our minds, self limiting beliefs, the negative chatter, the inner critic, saboteur, whatever name you use, are thought processes, beliefs and habits that get in our way of success, moving forward and getting what we truly want from life. Self limiting beliefs can act as programming which controls our behaviour. Whether you continuously act to forward a dream or goal is dependent on your beliefs.

Awareness and Observation

One way to curb negative thoughts is to identify and become aware of your beliefs. Observe the habits and thoughts that repeatedly shut you down. This act of observation, while deceptively simple, has the power to disarm the negative self chatter. Once you have identified these thoughts, you can consciously choose to replace them with beliefs and habits you find supportive and encouraging. The key is to recognize, be aware and observe.

Questioning self limiting belief

While simply observing a self limiting belief can lessen its power over you, so too can questioning or challenging your limiting beliefs.

Ask yourself:

- Is there any truth to this belief? Can you counter the belief with fact? As an example, if you are over 50 and dreaming of a new career path and you believe that it is too late to successfully make such a change, what will think after you read case studies of several 50 plus individuals who have done just that, started over and are raving successes. Your belief no longer has validity. And yet this belief had been keeping your from even attempting to realize a dream.
- If I keep this belief, will I benefit? Is it useful to me? Does it help me move closer to fulfillment? If no, is it time to change or replace the programming?

Replacing negative self talk with a positive inner voice

It is not enough to observe or get rid of self limiting beliefs, they must be replaced with empowering and supportive thoughts, your positive inner voice. What is it you want to create for yourself and what beliefs will support your new way of being. What new habits must you cultivate to bring you closer to your goals? Experiment with ideas, be at choice and have fun with your changes. The positive affirmation that is perfect today may be changed tomorrow for one more empowering and encouraging. Be flexible, creative and open.

The change is up to you. Will you continue to be held back or will you realize your goals, choosing your thoughts and actions from a positive perspective.

In the words of Maxwell Maltz, 1899 – 1975, “Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs. “



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