

Limiting Beliefs

We spoke about the concept of Limiting Beliefs. Another way I offer to clients about this concept is "getting in the way of yourself". *What are you doing that seems to feel like a repeating pattern that keeps you stuck and/or feeling lost regarding your life and career?* It is almost as if you see yourself repeating patterns of behaviour that you know are not supporting you to realize your potential or keep you from what you feel you really want, but you can only stand by helplessly and watch the pattern appear again and again. The result is staying mired in a life/career you don't want. To me, this feels like different parts of me compete for attention and on any given day or moment by moment, it can change so quickly, but the outcome is that I am not moving forward to create the life and move toward the career I desire. It can feel like you have hit a brick wall, or you are trapped. It is not enough to become aware of Limiting Beliefs, but that is certainly a step in the right direction. The hard work is proactively deciding to create positive change, but there are seeming forces that can make it feel like you can't change, or you don't have any choice. These are Limiting Beliefs as they keep you from what on the one hand you say you want. Ideally, in my work with clients, I help support you to uncover/identify and then shift these Limiting Beliefs and that is where transformation can occur.

Here are some other articles about the topic of Limiting Beliefs that may also resonate:

<https://personalexcellence.co/blog/limiting-beliefs/>

<https://www.habitsforwellbeing.com/what-are-your-biggest-limiting-beliefs/>

How to Move Beyond Your Past and Create an Ex-traordinary Life | Allison Moore | TEDxWilmington

<https://www.youtube.com/watch?v=j0fZB13RaVE>