

# IDENTIFYING YOUR BLOCKERS

## A list of self-limiting beliefs

- I'm too old.
- I'm too young.
- I'm too poor ... I lack money and resources.
- I'm too fat or too skinny ... too tall or too short.
- I'm not smart enough.
- I'm not popular enough.
- I'm not connected enough.
- Others are in my way.
- I can't start ... I'm not ready.
- Rich people hold all the good cards.
- Money is the root of all evil.
- I'm a mess, it's hopeless.
- I don't have enough time.
- I'm too far gone to start taking care of my body now.
- There's an earnings ceiling that I'll never go above.
- I don't have enough energy.
- I expect others to hurt me.
- Financial security is a pipe dream.
- One day I'll change.
- Exercise isn't that important.
- Getting my hopes up always leads to disappointment.
- My health is holding me back.
- I'll never be happy.
- My plate is too full already.
- Change is too hard.
- My family will abandon me if I change.
- People won't like the real me.
- Not trying is better than failure.
- Nice, faithful men (or women) are impossible to find.
- I'll never be successful.
- Eating healthy isn't that important.
- Letting others get close just leads to pain.
- Life is hard ... that's just the way it is.
- I just have bad luck.
- I don't deserve nice things.
- There's no point in dreaming big.
- Others' approval is key to my feeling worthy.
- If I get too happy or too successful, I'll jinx myself.
- Others' needs are more important than mine.
- I'll always be broke.
- When someone else changes, I'll be happy.
- I don't deserve to have more than what I have.
- I don't have the right education.
- Being honest leads to rejection.
- If I relax, all hell will break loose.
- Risking being criticized or judged is not worth the pain it could cause.
- I'm not important.
- I'm not good with money.
- I can't trust myself.
- I'm inherently unlikable and unlovable.
- I'm not self-disciplined.
- There's no point in asking for what I want.
- No one will support or encourage me.
- I'm powerless.
- I can't change.
- I'm not strong enough.
- Being vulnerable is far too dangerous.
- I wasn't born into the right kind of family.
- I don't have enough experience.
- I don't deserve to be happy.
- My looks are an obstacle to getting what I want.
- Why try? I'll just fail.



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## Self-Limiting Belief #1:

Where does this self-limiting belief come from?

What is an example that this belief is NOT true?

How can you make this belief SELF-EXPANDING?

## Self-Limiting Belief #2:

Where does this self-limiting belief come from?

What is an example that this belief is NOT true?

How can you make this belief SELF-EXPANDING?



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## Self-Limiting Belief #3:

Where does this self-limiting belief come from?

What is an example that this belief is NOT true?

How can you make this belief SELF-EXPANDING?

## Keep an eye on your progress!

Do you find your behaviour and thoughts are changing over time?

Are there new self-limiting beliefs coming up to the surface?



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