

Eliminate Those Self-Limiting Beliefs!

By Anita Foley

Eliminate Those Self-Limiting Beliefs!

Anita Foley
Wealth-Happens@mailbin.com

Wealth Happens Online <http://wealth-happens.tripod.com>

It was once believed that the earth was flat. Columbus sailed around it and proved otherwise. It was once believed man could never fly faster than the speed of sound. Chuck Yeager exceeded Mach 1 in the Bell X-1 and proved otherwise. It was once believed that no one could run a mile in under four minutes. Roger Bannister ran the mile in 3 minutes, 59.4 seconds and proved otherwise. They all achieved the impossible because they were able to break through self-imposed barriers and self-limiting beliefs!

Do you hold self-limiting beliefs that are preventing you from reaching your goals? If you won't or can't let go of these beliefs, you'll likely find yourself doing the same old thing for years, thinking that nothing will ever change for you. Sadly, nothing ever will, unless you can shake those self-imposed limitations.

Interestingly, even though there are millions of different people with millions of different personalities, many share the same negative beliefs. Do these sound familiar to you?

I Don't Deserve It

Do you think that success and wealth are things other people deserve, but not you? Do you really think that you were created in some inferior manner compared to everyone else? That is not true. You were created just like everyone else and have the same right and the same potential as everyone else to achieve your goals.

It's Not Possible

Do you feel that your goals are impossible to reach? Sailing around the world, breaking the 4 minute mile, and breaking the sound barrier were all said to be impossible. These were limiting beliefs which were eventually changed.

It's Too Hard/Too Much Work

Too many people today are looking to make a quick buck by doing nothing. They've been led to believe that they will simply fall into a gold mine and achieve wealth with little or no effort. Hey, even the people who did fall into gold mines during the gold rush had to do a little digging! However, it doesn't have to be hard and it can actually be FUN to make some changes in your life.

I'm Too Stupid

This is a common one. Everyone possesses a lack of confidence in certain areas or feels limited in their knowledge. This is natural, and there are very few people who really do know everything (you must know a few who THINK they fall into that category.) All of us, however, have an area of expertise, whether we realize it or not. In addition, we are all capable of LEARNING. Did you know that you can become an expert in anything if you study it for 5 years? Yes, YOU! An EXPERT!

I Don't Have Time

"Five years! I don't have that kind of time!" you say. So who says you have to become an EXPERT? Think about how much you can learn in two years or one year or even six months. The point is that you have the ability to learn. You simply have to decide on the subject and how much time you want to devote. Then, take Action.

I've Always Had Bad Luck/Nothing Comes Easy to Me

How many times have you used this one? It's easy to blame your lack of success on bad luck or bad timing or bad friends or the bad economy, etc. There will always be things that happen that are beyond your control, but if you persist in your efforts, you can overcome anything. Perseverance is the key.

Are you holding on to any of these self-limiting beliefs? If so, are they a result of past programming? (We talked about that in the last issue.) If so, get RID of the negative programming and eliminate those self-limiting beliefs. They are guiding your actions and creating your reality! Believe that you can do anything and have anything you want, and you will!

Once you break through a self-imposed barrier, you can sail like Columbus, you can fly like Yeager, or you can run like Bannister in the direction of your dreams!

Anita Foley of <http://Wealth-Happens.Tripod.com> publishes a motivational ezine providing information & inspiration, articles & resources, opportunities & action plans for netpreneurs. Get Your M.B.A. (Motivation, Belief, Action) in every issue! Subscribe: [">mailto:Wealth-Happens@GO-Subscribe.com](mailto:Wealth-Happens@GO-Subscribe.com)

[Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.](#)

[Submit your article for reprint.](#)