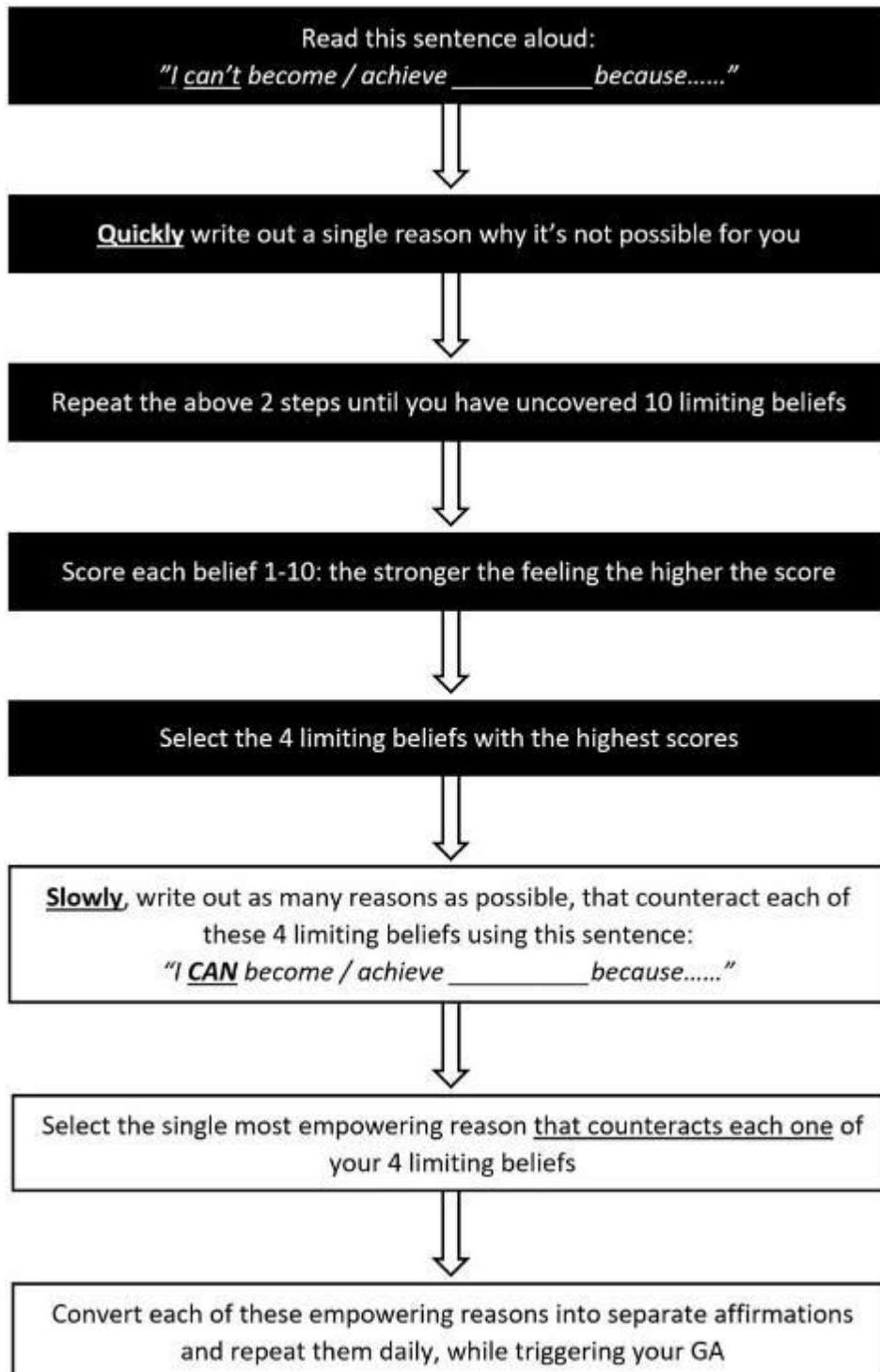


Uncover and Overcome Your Limiting Beliefs



For a detailed explanation, read page 112 of *The Most Powerful Goal Achievement System in the World*.
An excerpt from the book is given below, for your convenience.

How to Uncover and Overcome Your Limiting Beliefs

The English language contains a wonderful word that can help you to uncover all sorts of limiting beliefs. That word is “because”, and whenever you see the word “because” in a sentence, it is always followed by a reason.

This means you can use the word “because” as a tool to uncover all sorts of reasons — both conscious and subconscious — why you cannot achieve something. I know this may sound simplistic, but keep reading and you will see just how powerful this is.

In this exercise, you will be reading a sentence about not being able to achieve something, and you will be reading that sentence aloud. Then you will write out 10 reasons why you cannot achieve it.

You need to do the first part of this exercise as quickly as you can without really thinking. Don't be logical, just read the sentence aloud, and write down your first reason as quickly as you can. You need to just write down the first thing that comes into your mind, no matter how crazy it may seem. This exercise is **not** about coming up with logical reasons. Rather, it is an exercise you need to do as quickly as possible, without really thinking, or analysing or even judging your reasons. When you do this, some of those reasons will be coming directly from your subconscious mind.

It's your subconscious beliefs and attitudes that we want to reveal in this exercise. If you do the first part of this exercise slowly, then it will **not** work nearly as well for you.

On the other hand, when you write the very first thing that comes into your mind, without even thinking or analysing it in anyway, your results may be very revealing. For clarity, I have included a flow chart describing the complete process on the previous page.

Example - Limiting Beliefs About Wealth:

Here are each of the steps in this exercise in more detail, and in this case we are uncovering limiting beliefs about wealth:

Step 1: Speak the following sentence out loud “*I can't become rich because.....*”

Step 2: Next, as quickly as you can write out a single reason why you can't become rich.

Step 3: Next, speak the same sentence aloud again “*I can't become rich because.....*” and quickly write out another reason why you can't become rich. Repeat this exact same process (of reading the sentence aloud and quickly writing your response) until you have at least 10 reasons.

Step 4: Now look at each of your reasons, and you may be surprised by what they reveal!

If you are currently not rich and you believe it may be difficult to become wealthy, then I'm sure you have written down all sorts of valid reasons why that is so. It's easy to come up with lots of reasons why you can't achieve something, particularly if it's a big, long-term goal.

For example, you might come up with some of the following reasons that could show you the unhealthy attitudes and beliefs you currently hold towards money and wealth.

I can't become rich because:

- Money doesn't grow on trees
- Rich people are greedy
- If I was wealthy, everybody would hate me
- There is only so much to go around
- Money is the root of all evil
- Rich people are smart, and I'm not
- Rich people are arrogant
- It will be too hard to achieve

Please make sure you have at least 10 responses before you complete this first step of the process. If you want to keep going and can come up with 20 or 30 answers, then it could make this technique even more effective.

Scoring:

Next, look at each response that you have written and give yourself a mark from 1 to 10 for each one. If a response has a strong feeling attached to it, then give it a mark between 6 and 10 – the stronger the emotion, the higher your rating. On the other hand, the responses that you don't really believe or that don't have a strong feeling attached to them – mark between 1 and 5.

You are looking for the responses that have the most emotional charge associated with them. The ones that you feel most strongly about, even if you cannot rationally explain why.

So, go through your list of responses and score each one. Those responses that scored between 7 and 10 are most likely the attitudes and beliefs that are currently holding you back the most.

For this example, I have included sample ratings for each response as follows:

I can't become rich because:

- Money doesn't grow on trees **SCORE: 1**
- Rich people are greedy **SCORE: 7**
- If I was wealthy, everybody would hate me **SCORE: 7**
- There is only so much to go around **SCORE: 3**
- Money is the root of all evil **SCORE: 3**
- Rich people are smart, and I'm not **SCORE: 9**
- Rich people are arrogant **SCORE: 5**
- It will be too hard to achieve **SCORE: 10**

Those highlighted in bold are the scores of four beliefs that could possibly have the greatest emotional charge. Of course, your own scoring may be completely different from the examples.

Create Your List of Opposites:

The next step in this technique is to create a new list of responses, but this time you are creating beliefs that are the complete opposite to the previous ones. Also, for this step only select those with the 4 highest scores / the highest emotional charge.

This time, you can take as much time as you like to come up with reasons that counteract those 4 beliefs with the highest emotional charge, as you are no longer trying to draw forth your subconscious beliefs. Rather, you are trying to do the complete opposite – discover logical reasons that will cancel out your limiting subconscious beliefs.

Write out as many opposite reasons as you can for each of these 4 limiting beliefs, and again the more you can come up with the better. The effect that this will have is to loosen the grip these limiting beliefs currently have over you.

Eliminate Those with the Least Emotional Charge:

When you have written out these counteracting beliefs for each of your four limiting beliefs with the highest scores, start eliminating those with the least emotional charge.

Remove each one until you have a single powerful empowering belief to counteract each one of your four limiting beliefs.

So, in the previous example, these are the four beliefs with the highest emotional charge. In other words, the limiting beliefs with the most potential negative effects on your life and achievements.

I can't become rich because:

- Rich people are greedy **SCORE: 7**
- If I was wealthy, everybody would hate me **SCORE: 7**
- Rich people are smart, and I'm not **SCORE: 9**
- It will be too hard to achieve **SCORE: 10**

And here are examples of the best opposite beliefs we have come up with for each of them.

I CAN become rich because:

- Rich people are generous and contribute to society
- When I am wealthy, I will have more time to help others, who will appreciate me
- I can easily learn how other people became rich and copy what they did
- It's easy for me to attract wealth, because I choose thoughts of gratitude and abundance

Create Affirmations for a Success Mindset:

The final step in this process is to convert these empowering new beliefs into affirmations that counteract the limiting beliefs that you have uncovered.

Your final list will be very helpful in creating the affirmations that will help you to reprogram your subconscious mind and overcome the limitations that have been holding you back.

To learn how to create powerful affirmations, please refer to my book *The Most Powerful Goal Achievement System in the World*, as it is full of examples. You can download a PDF copy in the resources section of the Ultimate Success Club.

Your affirmations, need to be written in the present tense. They also need to be positive, personal, and specific.

Now, let's convert these new empowering beliefs above into affirmations, which you can add to the affirmations you are already doing each day. You also need to read your affirmations aloud when you wake up in the morning and before going to sleep each night, while triggering your GA.

Here is one way we can write the empowering beliefs as affirmations:

- I am rich and generous and love contributing to society
- I am wealthy, and have lots of time to help others, who appreciate me
- I am learning from rich people and become even richer myself
- I am attracting wealth easily, and I choose thoughts of gratitude and abundance

As these are only examples, you need to do this exercise fully yourself to discover your own self-limiting beliefs. You can then create opposite beliefs and convert those beliefs into affirmations that cancel out your limiting beliefs and their effects on your life.

Of course, the example for wealth and money given above is only one important area of your life that you need to explore. You may also need to examine your deep-seated attitudes and beliefs in several other areas, for this process to be truly effective and deeply transformational.

Let's look at a few other examples, you might consider. These are from a variety of areas of your life, where you could have several limiting beliefs.

I can't succeed in life because...

Regarding my life, I feel:

- sad because...
- angry because...
- ashamed because...
- guilty because...
- afraid because...

You can also create your own sentences based on what you want to achieve. For example, if you want to discover some of the things that are holding you back from achieving your goals, you might create a sentence like this: *Regarding my goals, I can't achieve them because...*

Again, once you have identified the main limiting beliefs that are currently holding you back, you can select the four that are the most emotionally charged, so that you can start working to counteract their effects on your life.

Just like in the previous example, you then need to find the most powerful opposite belief you can create for each one of them — the very best reason you can think of why it may be true, and then convert it into a powerful affirmation that will reprogram your subconscious mind.

You can also use these affirmations in your subliminal programs and self-hypnosis sessions for even greater effect. The more impressions you make on your subconscious mind, the quicker and easier it will be to overcome your limiting beliefs. This way, you can overcome decades of conditioning and the long-term negative effects of painful experiences so that you can finally throw off the shackles that have held you back for so many years.

The only way that you can take a giant leap forward and achieve your life's biggest goals is to do this exercise and start reprogramming your mind for success. This single step has the power to completely transform your life in ways that may appear miraculous to you.

Do not delay doing this exercise — do this step right now and then see what happens!