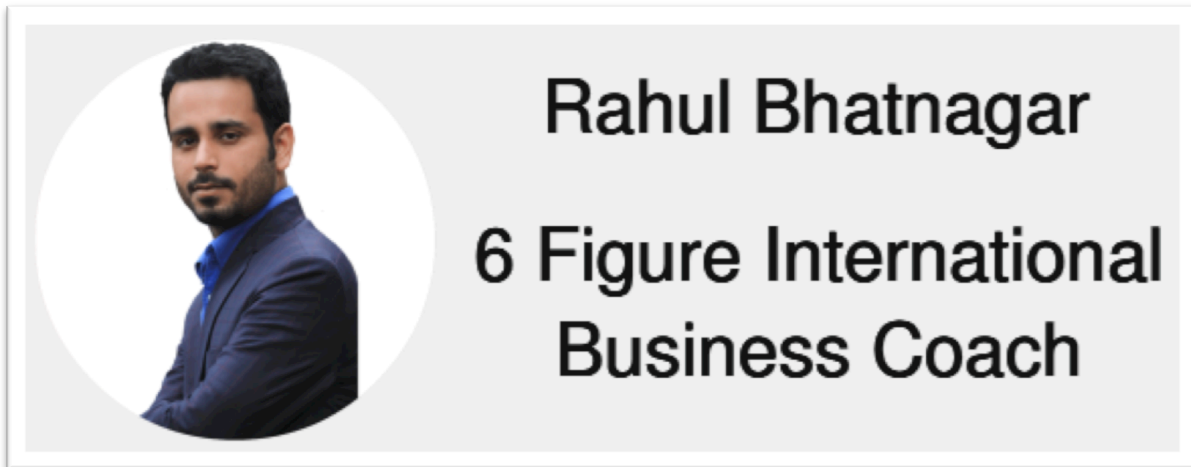


**KILL  
YOUR  
LIMITING  
BELIEFS**



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## About the Author



- He has conducted 150+ Seminars and has TRANSFORMED the lives of 50,000 people till date
- He has been a Public Speaker since the past 12 Years
- The biggest youth event - 'USP The Survivor', which has been attended by more than 15,000 participants in the past 4 Editions is his brainchild
- His students are placed in world class companies like Infosys, Wipro, LG, Xerox, Transocean, HPCL, IOCL, Indigo Airlines, Godrej, Byjus
- Only Man on Earth who has given 50 Official Speeches on 50 Consecutive Days in different niches, in different cities & in front of different crowds
- He has worked with more than 150 Top Brands
- He has conducted sessions in various Fortune 500 Companies
- His company's case study is taught to management students
- Featured in the Times of India, Amar Ujala, Dainik Jagran, The Dehradun Street, Your Story, Himachal Times
- Soon to be featured in a Reality TV Show on MTV

## Kill Your Limiting Beliefs

### **What are limiting beliefs?**

"I have fat thighs, I can't run"

"I have a snubbed nose"

"I can't jump very high"

"I don't have enough value to give to others"

"Why will a boy/ girl like him/ her date a loser like me?"

"Money is needed to make more money"

"Old people are not very keen to changes"

"Millennials just don't respect seniors"

Are these all examples of Limiting Beliefs.

Let us first learn what beliefs are.

A belief is a thought a person strongly believes in. Limiting beliefs are those beliefs that keep you from being you, i.e. constrain you in some or the other way. They tend to limit/hamper/hinder your growth.

## **How do they affect us?**

Limiting beliefs, as the name suggests are those beliefs that limit our capabilities. They affect on how much action we take.

For example- if a person keeps saying that he cannot run fast, then somewhere his brain would comfort itself with this idea.

Hence, he won't be able to push his limits further.

## **Why do we have such beliefs?**

No one has the answer to the question.

These beliefs have made a room in our brain even though they inhibit our growth. We have made ourselves comfortable, living with those beliefs.

They prevent us from the life that we desire and truly deserve.

**There are a few possible reasons of having such beliefs with us; a few have been listed below:**

1. Somebody else's opinion is now yours.

This is the most common of all.

When somebody tells you something about yourself, you tend to observe yourself on the particular aspect that he has mentioned.

And in no time, you create a wall in front of your capabilities, which is, your limiting belief.

2. You tend to comfort yourself.

If I say, I cannot run, it will somehow be easier for me to face people after a race because I have already justified myself as not being a good runner.

Hence, it becomes a tendency to comfort one's self with such beliefs.

3. You tend to live with those psychological commands/rules.

But as an adult, limiting beliefs hold no significance in your life, rather when you are assigned a task associated to your limiting belief, it only encourages you to procrastinate rather than work for the task.

### **How to break them?**

Now that we have learnt that limiting beliefs are just negative beliefs hindering our growth, let us look upon a few steps that we can take in order to break them.

#### **1. Meditate:**

Here, meditation does not refer to only sitting in the same posture for hours. Rather, it suggests you to take some time out for yourself when you can think about your limiting beliefs and how you can overcome them.

Keep yourself calm; do not make yourself feel miserable about anything.

## **2. List your Limiting Beliefs:**

Think about your limiting beliefs and list them out on paper.

Try and think of a situation where they might have hindered your growth, or not let you give your 100% to any task.

You can also list down the reason why this belief was created in the past.

Was the reason, just psychological influence?

Was it somebody else who mentioned it to you?

## **3. Overcome:**

Reprogram your brain.

Think of a situation where you had no limiting beliefs, and you could do everything.

It might sound very comforting, and trust me if you start thinking that 'You can do it' instead of 'You can't', you'll learn that all this time you've just been putting your capabilities behind your limiting beliefs.

#### **4. Be who you are:**

You don't need to give a definition to yourself.

Explore on things you can do, always keep trying on things and make sure you do it your level best.

No matter what it takes?

Even if you're asked to sing in a gathering, do it with all your heart.

This is how we are supposed to live.

#### **5. Develop Empowering Beliefs:**

The best way to counter Limiting Beliefs is by developing Empowering Beliefs

Analyze and unleash your potential.

List down all the positives that you have in your life.

Make a list of all your achievements till date.

Say to yourself that, "Yes I shall face challenges. But I am strong enough to overcome them all and win."

Always remember that you are destined to win.

**"Live Free"**