



***Self limiting  
beliefs***

***FILTER***



**WHAT ARE MORE  
HELPFUL  
ENCOURAGING  
PRODUCTIVE  
THOUGHTS TO FOCUS ON  
RIGHT NOW?**

***"The brain is wider than  
the sky."***

EMILY DICKINSON  
(1830-1886)

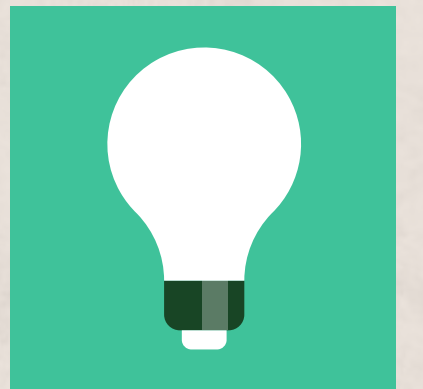
# ***OUR BELIEFS***

OUR BELIEFS ARE  
ASSUMED TRUTHS. THEY  
ARE OUR INNER  
STATEMENTS ABOUT  
OURSELVES IN WHICH  
WE ARE EMOTIONALLY  
INVESTED. THEY ARE  
DESCRIPTIONS OF OUR  
IDEAS ABOUT REALITY.

They have been with us since  
childhood.



They are different from facts.



Many things have shaped them.





THEY ARE UNDERCURRENT THAT HAS  
INFLUENCED MUCH OF WHO WE ARE  
TODAY

## **OUR SELF-LIMITING BELIEFS**

We develop limiting beliefs to protect us from future pain.

## **WE CREATE OUR GENERALISATION ABOUT LIFE.**

They become deeply embedded in our subconscious.

## **INFLUENCERS OF WHAT WE DO, SAY & THINK.**

They are holding us back.



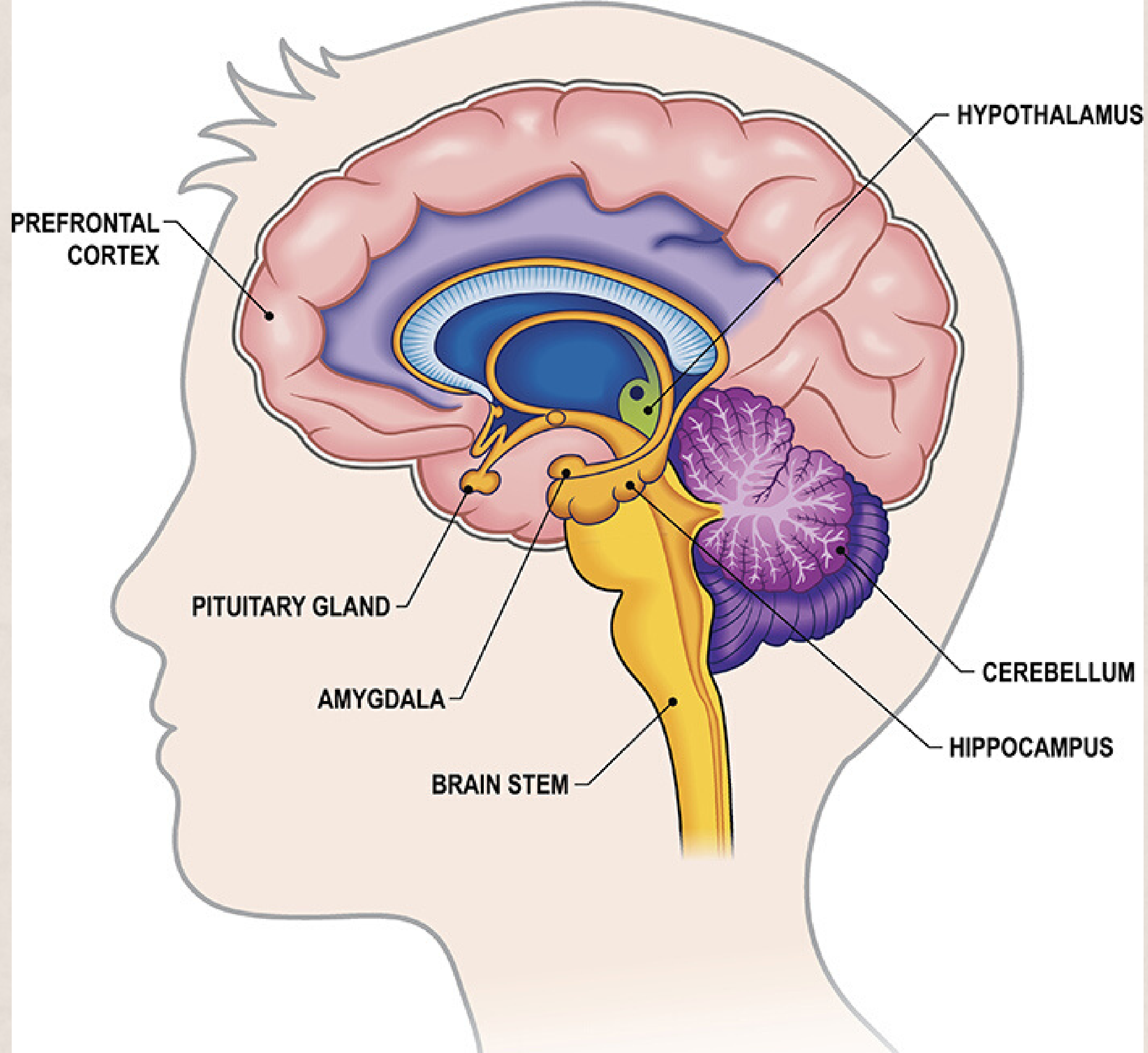




***"It's the story you've been telling  
yourself about who you are and  
how everything always plays  
out."***

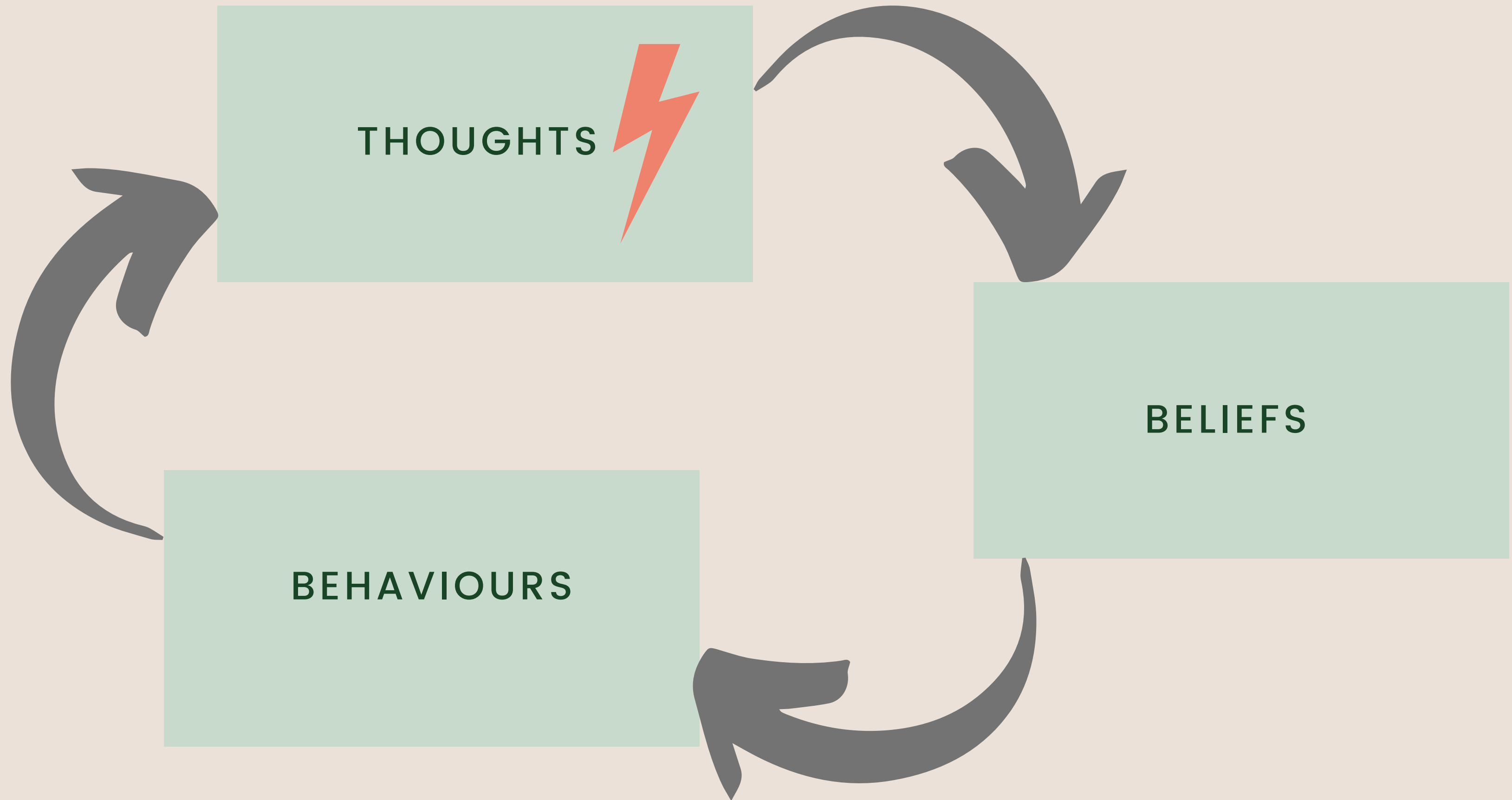
JOHN SHARP,  
PSYCHIATRIST AND  
HARVARD MEDICAL SCHOOL  
PROFESSOR





***"There is nothing either good or bad, but thinking makes it so."***

SHAKESPEARE (HAMLET)



***"I have not failed. I have  
just found 10,000 things  
that do not work."***

THOMAS EDISON  
(1847-1931)



# ***ELIMINATING SELF LIMITING BELIEFS***

## **THE WORK BY BYRON KATIE**

It's like a kiss. It looks like a Socrates discussion.

## **SIMPLICITY**

It is so simple that anyone with an open mind can do it. use short sentence .

## **MEDITATION**

It takes stillness. Find a place, a moment in time..

## **SITUATION**

Focus on a complain that arises in your mind A mild one.