

Eliminate Those Self-Limiting Beliefs!

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By Anita Foley

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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.

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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 weekly motivational newsletter to help you achieve wealth online. Subscribe by email to: <mailto:Wealth-Happens@SubscribeMeNow.com> and receive a FREE Ad and a FREE Tax Report !

Digging To The Root Of Your Problem

By Selena Richardson

Most people have some aspects of themselves that they would like to change. But how often do you dig deeply to find the root of the problem?

You have to address the issues that need to be changed. Without doing this you will be stuck in a cycle of trying to change but you won't make much progress. Denying that there is something holding you back doesn't make it disappear or magically turn you into who you want to be.

You can't change what you don't accept. So if you have problems accepting what you need to change, you're going to have more problems making that change.

If you want more money in your life and are having problems achieving that you need to dig deeper to find something you may have missed about yourself. Do you have any long held beliefs about money that would prevent you from attracting what you say you want in your life?

Until those beliefs are addressed and accepted you won't be able to attract the extra money into your life. Our thoughts, feelings and beliefs are what shape our reality. If you think you want more money in your life but your beliefs about money don't match what you're thinking and feeling it's going to be difficult to attract it into your life.

There may be times when money will show up for you but you won't have the steady flow that you want to achieve. Not until you accept that you have limiting beliefs about money and then change them.

You say you want to find your soul mate, your other half. But the people who keep showing up in your life lately don't fit the bill. You're starting to wonder if you will ever meet Mr. or Ms. Right. He or she is out there somewhere but do you have any beliefs about yourself that might be holding you back from attracting that perfect mate?

Again, you need to dig deep and search for any limiting beliefs or fears you might have about yourself and/or relationships. Until then know that the perfect relationship will come at the perfect time.

Remember that the answer always lies within. Resisting and denying aspects of yourself won't get you to where you want to be in life. Only by digging out beliefs that don't serve you well and accepting them as no longer being useful to you can you make a change in a positive direction.

Selena Richardson, coach and editor of Creative Possibilities, a free newsletter helping people focus on and reach their goals. Are you ready to create your journey in life? To subscribe,

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information on her upcoming courses and on-going workshops.

Digging To The Root Of Your Problem

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Creating Unlimited Belief for Success!

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