What Are Limiting Beliefs and How Do You Overcome Them?

What are the beliefs that are holding you back?

I don't mean holding yourself back for safety. Sure, if you're near an actual cliff, it's a good idea not to dangle yourself over it (at least until you have some good safety equipment and training on how to use it). I mean holding yourself back for what you *think* will keep you safe.

Let's break it down.

Beliefs are simply thoughts that you think again and again—chronic thoughts. Limiting beliefs are thoughts you've learned at some point in your life that don't serve you. Any thought that begins with "I can't", "I should/shouldn't" or "I am/I'm not" [can signal](#) a common limiting belief.

A limiting belief can start with a negative experience. It could be a big trauma, or even a small moment, like being told as a child you're not good at something you like doing. Sometimes we internalize those experiences and turn them into convictions we live by because we think they'll keep us safe from getting hurt. But do they really stop us from hurting, or hurt us more by holding back our growth and happiness? A list of limiting beliefs might include common thoughts like:
"I should never draw because I'm bad at it"
"I can't start a new career because I'm too old"
or
"I'm not attractive because I don't look like the models I see on social media."

When I was considering auditioning for [Clash of the Choirs](#), the show where I'd be performing live in front of millions of viewers, I hit some fears and worries that could have stopped me. Concerns like:
Doing anything in the entertainment industry would jeopardize my sobriety.
I had too many responsibilities at work, and at home as a wife and mother to handle the show without letting people down.
I couldn't be successful in entertainment because I was too heavy.

Identifying your limiting beliefs can take time and practice. I actually had to stop and confront those fears to understand what chronic thoughts were holding me back.

Once I understood what they were, what next? After all, those worries might sound pretty reasonable, at first. Lots of people have them. But I've learned it's not enough to understand

what your limiting beliefs are. To keep growing, ask yourself if they're *true* and *if you can replace them with something better*.

By doing that, I was able to confront each fear I had.

I remembered the first worry starting when someone told me that everyone in entertainment did drugs and drank, and that being around them would be dangerous. Then I realized that this was not true. There are tons of people in entertainment who just drink socially, or don't drink or do drugs at all! Yes, there might be industry events where people would be drinking, but I went to plenty of meetings and events in the corporate world where people drank and encouraged me to join them. If I could handle that and be sober as long as I had, why would entertainment be different?

I faced my fears about not being able to keep up at home by talking it over with my husband and kids, and not only were they supportive—they were excited for me. With their help, we worked out schedules, and we all felt the rewards of joy as I lived my dream and they cheered me on. My kids even watched me perform with their whole class!

I was able to work out a schedule to appear on the show that worked with my job, and some of my coworkers were psyched for me. Afterwards, guess what my boss was most excited to talk about at our yearly team meeting? "Liimu was on Clash of the Choirs!"

My fears about being rejected due to my weight and appearance ran deep. But when I really looked at it, I saw that there have there been successful performers of all shapes and sizes. Plus, we're now seeing more and more a push for diversity and recognition of beauty and health across body types. In the end, it turned out no single person I worked with on the show made me feel judged or treated me like the weight I was at the time was bad.

So, what are your limiting beliefs? What makes you think "I can't" or "I shouldn't" and stops you when you get excited about an idea? Module 2 on Shedding Limiting Beliefs in my Core Transformation Program is a great tool. It will help you turn your don'ts into wants by sussing out what you really believe, and finding out if those beliefs are really working for you. Then, it will get you started on changing what you're unconsciously telling yourself, so you start manifesting what you *really want* in life.

Just try it. When you release those limiting beliefs, the possibilities in your life will feel… limitless!