LIMITING BELIEFS

Which of these do you feel is true in your life?

- I'm not good enough
- I'm not smart enough
- I'm not strong enough
- I'm not attractive enough
- I'm not worth it
- I'm a failure
- I'm too young
- I'm too old to start
- I'm too shy
- I'm not a leader
- I'm bad with girls
- I'm bad with money
- I'm lazy
- I'm not disciplined
- I'm not capable
- I'm not interesting
- I'm not likable
- I'm always going to be behind
- I don't deserve success
- I don't know what I want

- I can't change
- I don't have enough time
- I don't know where to start
- I'll never be good enough
- People can't be trusted
- People will judge me
- People will leave me
- Nobody really cares
- I'll embarrass myself
- I'll fail if I try
- It's too late for me
- It's too hard
- I don't have what it takes
- I always mess things up
- I let my family down
- I can't talk to people
- I can't say no
- I can't be myself
- I'll never make money
- I can't do this

- What if it doesn't work out?
- I'm not like other guys
- I don't fit in
- I'm behind my friends
- Everyone else has it figured out
- I have to be perfect
- I can't ask for help
- Asking for help is weak
- Showing emotion is weak
- I have to do it all myself
- Failure means I'm done
- I need to impress people
- Money is hard to make
- Good things don't happen to me
- I'm stuck where I am
- I don't know who I am
- I'm not ready yet
- I'll never get over it
- I'm too much
- I'm not enough