

Removing Self-Limiting Beliefs

Meet every limiting belief with profound opposition.

A belief audit based on Chapter 15

FROM CHAPTER 15 • PAGE 51

“The more you tell yourself you can do anything, the more you’ll discover that you can do all kinds of things you didn’t think you could.”

— Chris Masiello

How to use this worksheet:

1. Surface your beliefs in the inventory (10 minutes).
2. Trace your #1 belief to its roots — ego included.
3. Reframe it, then act against it once this week.

Write down what's been holding you back.

“A self-limiting belief is a self-imposed, learned way of thinking that impedes our growth.” (p. 49) They’re built “through socialization, the media, tradition” — assumptions “that become rigid, which we use to dictate our own behavior to ourselves.” (p. 49)

THE BELIEF, EXACTLY AS IT SOUNDS IN MY HEAD	WHERE IT SHOWS UP	HELD SINCE

The one belief I'll audit this week — the strongest grip on the list above

FROM CHAPTER 15 • HOW THE EGO PLAYS IT (P. 50)

“If I see myself as being nonathletic... the ego is going to reinforce this view of myself as someone who can’t engage in that kind of behavior because it runs counter to this sense of identity I’ve created over time. Even if it’s not in my best interest, the ego doesn’t know that unless we program it to.”

Your ego built this. Find the blueprint.

The ego is “our identity of our own construction, which will not allow us to move forward with something new unless that new thing matches the constructed view of ourselves.” (p. 49)

01 Pick your #1 belief. Where did it come from — family, peer group, groupthink, a single moment?

02 What is this belief protecting — socially, or in how you get to see yourself?

03 When you’ve pushed against it before, how did the self-sabotage show up? (Think New Year’s resolutions, “fervently committed to and then quickly cast aside.” p. 50)

04 Which parts of your self-view serve you well — and which are “false manifestations attempting to hold us back”? (p. 50)

Meet it with profound opposition.

“Once we identify these patterns in ourselves, we can be ruthless about confronting them and dispelling them. Every appearance of a self-limiting belief should be met with profound opposition.” (p. 51)

The old belief, verbatim

The reprogrammed belief — accurate, not inflated

This week's act of profound opposition — one thing I'll do that the old belief says I can't

05 After you acted against it: what did the ego predict — and what actually happened?

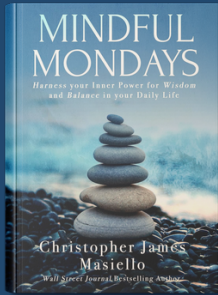
FROM THE CHAPTER • KEY POINTS (P. 51)

1. We have to reprogram our thinking in order to have more productive beliefs, which will change the ego.
2. What we create in our minds shows up in our world — positive feedback loops keep us moving forward positively.
3. By changing how we think, we attract what we need to achieve our goals and desires.

KEEP GROWING

This is Chapter 15. There are 37 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



GET THE FULL BOOK

Mindful Mondays

Harness Your Inner Power for Wisdom and Balance in Your Daily Life

→ amzn.to/47mUtMv

Available on Amazon

WSJ Bestselling Author • Chris Masiello