Day 10: Release limiting thoughts and beliefs to instill trust.

How we see the world and ourselves is just a result of something we believe and a lot of times we operate with beliefs that limit us.

Our beliefs are formed from past experiences and limiting beliefs are just stories we tell ourselves that can hold us back from getting what we want. They prevent us from growing and taking risks. They stop us from trusting that we will make the best choices for ourselves and they can stop us from attracting our true desires.

A belief is just a thought you continue to think. Beliefs are thoughts that affect your behavior, and when a behavior is repeated it forms a pattern that keeps you doing the same thing over and over again.

The reason why we believe something, good or bad, is that someone or something, somewhere along the way had an imprint on us. We were told something or saw something that we decided was true. Whatever it was, then became what we thought about over and over again, that formed a belief for us.

Limiting beliefs can become an issue if the pattern we are repeating keeps us stuck in some way or is creating unhealthy circumstances that doesn't allow us to move forward. It's why it's so important to be aware and identify what our limiting beliefs are. When we change our thoughts and beliefs this allows us to create different circumstances in our lives.

We get to look at and decide what feels right for us and discard everything else that doesn't.

There's a quote by Paulo Co-el-ho, who by the way, wrote a book called the alchemist, which is a wonderful book about transformation. And the quote says, "You are what you believe yourself to be."

What this quote means is that whatever you believe is true. If you believe you are capable and worthy, it's true. If you believe you can't do, be or have something, it's also true.

There's very little chance you will try brave, new things if you are convinced you won't be able to do it. This limits you and disconnects you from your higher self and creates distrust within.

When you choose limitation over trusting yourself, this can stop you from taking action, thinking that you might fail and then you keep yourself small, possibly reinforcing that you don't have what it takes or you aren't worthy of having what it is you want.

Becoming aware of what you think and what your perceived limitations are is the very first step to changing your limiting beliefs. So, what are your limiting beliefs? Find what the thoughts and beliefs are that are keeping you stuck.

When you think about it, ask yourself the question, "I can't have (whatever it is I want) because I believe what?"

What needs to be released for you to be more in alignment with what you want and who you are? If you aren't sure, start looking at the things that make you feel frustrated, bad or limited. The things that make you feel bad are the things that are stopping you from getting what you want. Make a decision that you aren't going to operate under limiting beliefs anymore, because you don't have to.

What happens when you DECIDE to let go, you are saying to the universe, I am ready for what I want now. Do you believe that anything is possible? If not, this is also a limiting belief.

Now I know, it's not always easy for everyone to just stop thinking about what you've been thinking about for possibly your entire life, but it's imperative so you can build trust and confidence. It's a practice to change your thoughts. It doesn't happen overnight, but the more you practice changing your negative thoughts to positive ones, the easier it will get.

The hardest part about change is NOT making the same choice as you previously have made. Letting go of a core belief can feel like loss, because what is already there feels familiar but that doesn't mean it's healthy for you, it just means it's familiar to you.

So how can you start to change your beliefs?

Since a belief is just a thought you think over and over, it's all about looking at your what your thoughts are. What is the limiting belief that is stopping you from creating what you want?

Identify the belief and ask yourself, Is this belief true?

The second thing to ask yourself is how is this belief serving me? Get really honest with yourself. Regardless of whether or not the belief is true it is serving you in some way if you are continuing to hold onto it. It could be there is fear about moving forward or not knowing what will happen in the unknown? It can be scary to make changes but the alternative is staying in an unhappy circumstance which is usually more painful.

It could be it's the only thing you know to believe and you don't know what belief to put in its place. Just look at it and decide if you want to continue to operate with this limiting belief. Stopping the cycle and the loop requires awareness and willingness to change.

Replace or reframe the limiting belief. Because remember a belief is just something you think over and over. So choose thoughts that feel good and allows you to expand. The more you choose to focus on positive thoughts instead of negative ones, the faster your neural pathways start to shift into what you are focusing on. So you always want to focus on what you want to create!

You get to create your own beliefs. When you start to think different thoughts, you will start to feel different which will allow you to trust yourself more and then you will start showing up living your life in a way that is aligned.

What if you could have more? What if you could trust yourself? What if you could be living a different way? You can, I've let go of many limiting beliefs and when you do, other opportunities start to show up for you in line with what you now believe is possible.

Whatever your beliefs are, they are yours and no one can take them from you. Others can have their own opinions but no one else can tell you what you believe. If it feels good to you, then it is right for you. Go easy on yourself. You are human and this is a process.