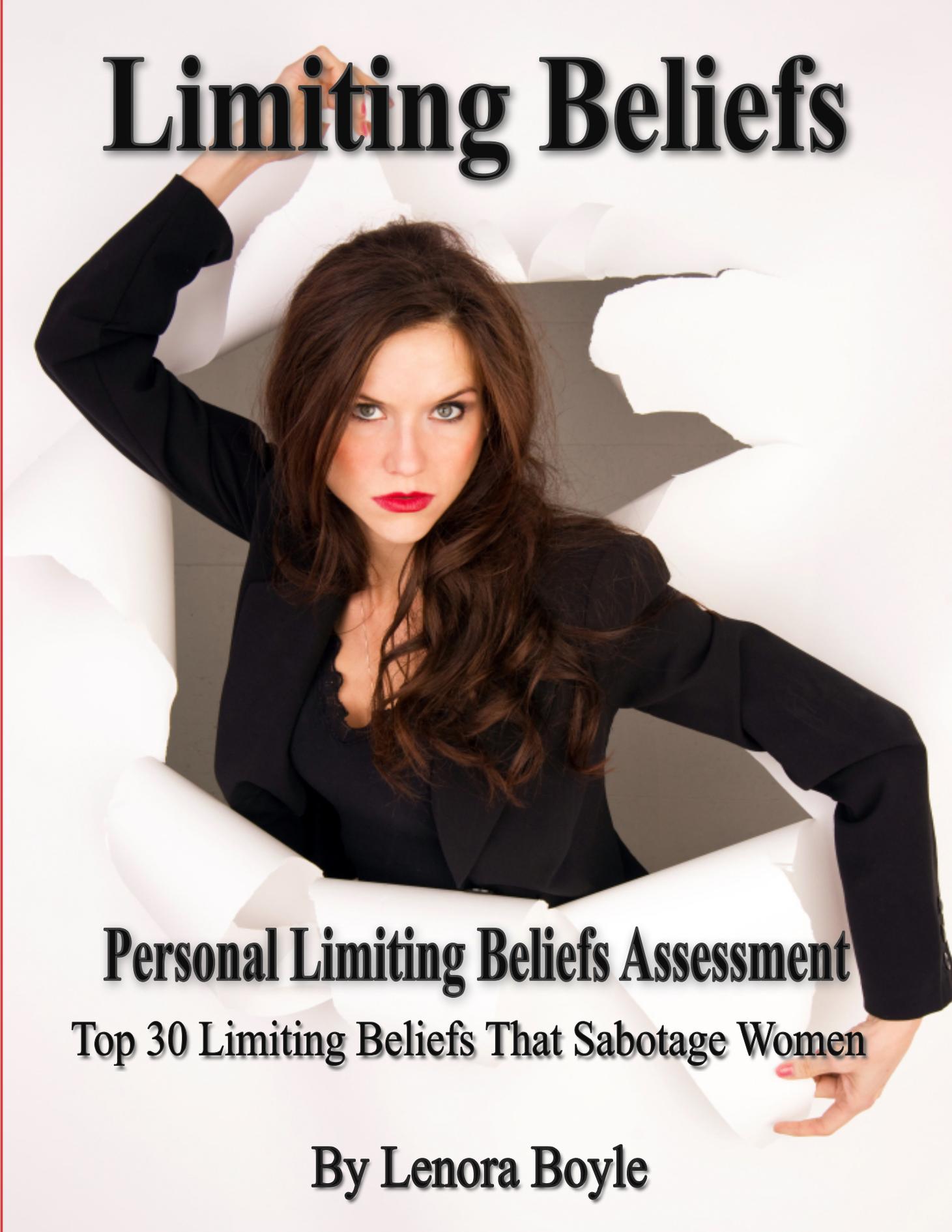


Limiting Beliefs



Personal Limiting Beliefs Assessment

Top 30 Limiting Beliefs That Sabotage Women

By Lenora Boyle



Personal Limiting Beliefs Assessment Quiz

Top 30 Limiting Beliefs That Sabotage Women

Take this personal assessment to uncover limiting beliefs that may be holding you back from living your sweet life, *la dolce vita*. Once you uncover, question and dissolve your limiting beliefs, you will experience greater clarity and deeper happiness.

What is a belief? It is a *perception* of reality, a conclusion you've come to, or something you were told that you had no reason to doubt.

How do you know that you have a *limiting* belief? If you feel some way you don't like feeling, you probably believe something that's not true. It turns out that if we *believe* something is bad, then we *feel* bad.

Be honest with yourself. If any of these statements seem true, even occasionally, then the limiting belief is operating in your life, affecting your happiness level.

Limiting beliefs are persistent thoughts that are sometimes obvious to us, but often hidden or unconscious. They are a result of past conditioning. They hold us back and limit us from being happy and successful. Beliefs gives rise to our feelings and our actions, and we filter all of our experiences through these beliefs. This is the reason it is important to explore your limiting beliefs, change them and create life-enhancing ones.

I hope you are willing to ask yourself a few questions to transform your life to live the sweet life, *la dolce vita*.

Check any statements that resonate with you.

1. I'm not enough (e.g., good, educated, thin, young, smart, rich enough).
2. I need to make others happy so I won't be rejected.
3. I can't be happy until he/she changes.
4. I have to earn other people's approval to feel good about myself.
5. If I let people really get to know me, they won't like me.
6. I have to stay in the relationship because I can't make it on my own.
7. If I'm happy when others are suffering, it means I don't care.
8. I can't be happy until the relationship/career is different.
9. If they really loved me, they would _____.
10. I need to do more and more to feel worthy.
11. I don't know what I want.
12. I should not put my needs before others'.
13. I'll never really change.
14. I'm responsible for other people's happiness, and they are responsible for mine.
15. I don't deserve love, success, money, fame, etc.
16. If I pursue my own interests, my relationships will suffer.
17. I don't have time to nurture myself.
18. It's too late for me to find happiness and success.
19. If I speak my mind, I'll be rejected.
20. I should be farther along than I am.
21. I'd better not be too happy, or I'll just have farther to fall.
22. Things will never work out for me.
23. I should not have to ask my partner (friends, family) for what I want.
24. I'm a bad/unlovable person.
25. I need fear to motivate me and keep me in check.
26. I'll never make enough money.
27. I'll always have to struggle, while others have it easier.
28. Whatever I'm doing, I should be doing something else.
29. If I were happy, I would lose my desire to do anything.
30. I can't do it.
31. (Add your own)
32. (Add your own)

If any of these statements ring true for you, it may be time to take your destiny into your own hands by dissolving the beliefs that sabotage your success and happiness.

Choose one limiting belief that stands out for you, from any you have checked off and ask yourself these questions. Write your answers on another sheet of paper. Just free write the first thoughts that come to mind as it is usually the most truthful. No need to edit.

Do I believe that?

Why do I believe that?

What seems true about that?

What might concern me if that belief were gone? (What might happen that I would not like?)

These questions give you a powerful start to questioning your unhappiness resulting in amazing freedom, success, and joy in living the sweet life, wherever you are.

If you want more support, [click on this link](#), to hire me as a your Sweet Life Coach. I am happy to help you eliminate any limiting beliefs to take you to your next step in your transformation.

You can make an appointment to talk with me about my offer of four 60-minute Personal Coaching or One-on-One Coaching. We can set up an initial 15-minute call at no charge just by emailing me at: Lenora@ChangeLimitingBeliefs.com or calling 641-472-0414.



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