

Fast Track Guide – Stop Thinking Small



*and Start Believing
in What's Possible*

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Fast Track Guide: Stop Thinking Small and Start Believing in What's Possible

There are two major lenses through which women (actually everyone), see the world: **scarcity thinking** and **abundance thinking**.

Scarcity thinking is rooted in limiting beliefs – thoughts like “I’m too old,” “It’s too late,” or “I missed my chance.” Abundance thinking, on the other hand, is the belief that there is still time, still room, still more available—no matter your age or your past.

If you find yourself thinking small, know this: it’s not your fault. From an early age, many of us were told to be realistic, not to want too much, and to focus on others first. We’ve been conditioned to shrink. But here’s the truth: you’re allowed to want more, and you are not too late to start dreaming again.

Let’s take a closer look at what “thinking small” looks like and how to flip that into expansive, empowering thinking so you can start planning for a life that actually feels like yours.



Thinking Small (Limiting Beliefs)

If you're feeling stuck, tired, invisible, or like you're “just getting by,” you’re probably operating from a place of small thinking and limiting beliefs. These thoughts often sound like:

- “Who am I to want that?”
- “I’m too old to start over.”
- “I should be grateful for what I have.”
- “What if I fail?”

These beliefs act like invisible fences. They may have kept you safe once, but now they’re keeping you stuck. Let’s explore some common versions of small thinking and how they quietly sabotage your potential.

You Believe It’s Too Late

This is one of the most common beliefs among women in midlife. You may think the best parts of your life have already happened, and now it’s just about enduring what’s left.

But here’s the truth: your life didn’t end at 40, 50, or 60. It shifted. You’re in a new chapter – and you get to write it.

REFRAME: Instead of saying, “It’s too late for me,” try “What would I do if it weren’t too late?”

You Doubt Your Ideas Have Value

You may hold back your ideas because you worry they're not "good enough," or someone else is already doing it. This keeps you silent, watching others step into spaces you were meant to stand in.

But your voice matters. Your story matters. No one can tell it the way you can. Collaboration and visibility aren't threats—they're pathways to growth.

REFRAME: "My perspective is valuable and needed, especially by those just a few steps behind me."

You Struggle to Trust Your Instincts/Intuition

After years of doing what's expected - raising families, supporting partners, showing up for others—it's easy to lose touch with your own inner voice. You second-guess everything.

But your intuition is still there. She just needs space. When you start listening to her again, magic happens.

REFRAME: "I trust myself to figure things out, even if I don't have all the answers right now."

You Compare Yourself to Others

Scrolling through social media or watching others succeed may leave you feeling like you're behind. But everyone's timeline is different - and many of those "successful" people have the same insecurities you do. Jealousy can actually be a clue: it shows you what you truly desire.

REFRAME: "If she can do it, so can I—and I'll do it in a way that feels like me."

You Settle for "Just Enough"

You might tell yourself, "I should be grateful," while secretly yearning for more—more freedom, more joy, more fulfillment. But "just enough" is a survival (scarcity) mindset, not a thriving (abundance) one.

Wanting more doesn't make you ungrateful. It makes you alive.

REFRAME: "I'm allowed to desire more—and I'm capable of creating it."



You Fear Change More Than Discomfort

The idea of starting something new - whether it's a business, a relationship, or a creative project - can feel terrifying. But staying stuck is also painful.

Growth always involves a little discomfort. That doesn't mean it's wrong - it means it's working.

REFRAME: "If I wait until I'm ready, I'll wait forever. It's okay to be scared and move forward anyway."

You Feel Invisible or Forgotten

At a certain age, women start to feel like they blend into the background - especially in a culture obsessed with youth. This can lead to small thinking: "No one wants to hear from me," "I'm not relevant," or "I've had my time." But you are not done. You are becoming.

REFRAME: "I'm not invisible. I'm just getting started."



You're Afraid of Failing (Again)

Maybe you've tried something before and it didn't work. Or you were criticized, dismissed, or rejected. Now the fear of getting hurt again is paralyzing.

But failure isn't fatal. It's fertilizer. It's feedback!!

REFRAME: "Everything I've tried has taught me something. I'm wiser now, and better equipped to try again."

Thinking Big (Empowered Beliefs)

Let's flip the script. Here's what happens when you ditch small thinking and lean into possibility.

You Trust That More is Available

You start to see opportunities everywhere. You realize that your dream life isn't about luck or age - it's about mindset and action. You stop settling. You start creating.

You Love to Share and Connect

Your wisdom becomes your greatest asset. You're not afraid to share what you know, because you understand that generosity builds momentum.

You Find Your People

When you stop shrinking, you naturally attract women who are also growing. You build friendships, communities, and collaborations based on truth, purpose, and mutual upliftment.

You See Challenges as Part of the Path

Instead of fearing obstacles, you see them as stepping stones. You welcome growth. You trust that you can handle what comes next.

You Act from Belief, Not Fear

You stop waiting for permission. You stop looking for signs. You begin believing in yourself and taking aligned action - even when it's messy.

You Feel Grateful, Grounded and Ready

Every step you take builds your confidence. Every win, no matter how small, affirms your worth. And every morning feels like a fresh start - not a finish line.

This is your time.

You don't have to settle. You don't have to play small.
The only permission slip you need is your own.

Use this guide to identify where you're holding yourself back - and then choose to believe in what's possible for you.

Your Next Step: Don't Just Think Bigger —Believe Bigger

If this guide stirred something in you - if you found yourself nodding, pausing, or even tearing up a little - then it's not just inspiration you need...it's a path.

You've already taken the first step by exploring how limiting beliefs have shaped your life. Now it's time to go deeper - to release the stories that no longer fit and rewrite a life that does.



Introducing the Limiting Beliefs Bundle

This soulful, practical toolkit includes everything you need to begin your transformation with confidence and clarity:

Inside the Limiting Beliefs Bundle, you'll get:

- **Breaking Free From Limiting Beliefs eBook:** Dive deeper into limiting beliefs with real-life examples and practical tools to shift them.
- **Companion Workbook:** Guided exercises that go along with the eBook to reframe and replace your old beliefs.
- **100 Limiting Beliefs Worksheets:** 100 common beliefs broken into categories like Self-Worth, Fear & Failure, Love & Relationships and many more. Further explore your own beliefs, where they came from, how they keep you stuck, and much more.
- **Limiting Beliefs Journaling Workbook:** curated journal prompts to help you reconnect with your voice, desires, and truth.
- **7 Simple Shifts to Detox Your Day from Limiting Beliefs.**

This isn't just mindset work. It's soul work.

And it's how you start living a life that finally feels like yours. If you're ready to stop shrinking and start showing up as the powerful woman you truly are...click here to get the [Limiting Beliefs Bundle](#) now.

You are not behind.

You are right on time for your next becoming.

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