

100 Limiting Beliefs

and how to FLIP them!

Limiting beliefs are invisible scripts that shape how you see yourself, what you believe you're capable of, and what kind of life you think is available to you.

Most of these beliefs aren't even yours - they were inherited, absorbed, or formed in moments of pain or confusion. But they're still running in the background, influencing your decisions, your confidence, and your sense of purpose.

This list of 100 common limiting beliefs is not meant to overwhelm you ...

- It's here to help you notice what's been holding you back;
- It's here to remind you that your thoughts are not facts;
- It's here to guide you into deeper self-trust and new possibilities.

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HOW TO USE THIS LIST

1. Scan Slowly

Read through each section and highlight any beliefs that feel familiar, heavy, or true. These are the ones that may be quietly shaping your reality.

2. Get Curious

Ask yourself:

- Where did I learn this belief?
- What has it cost me to keep believing this?
- What is this belief protecting me from?

3. Flip the Script

In each section there's space to write your new empowering belief - something that feels kinder, truer, or more aligned with who you're becoming.

Example:

Limiting Belief: "I'm too old to start over."

Empowered Truth: "I have the perfect experience and wisdom for this next chapter."

4. Return Often

Your mind is a garden - not a machine. These beliefs didn't show up overnight, and they won't disappear in a day. Keep returning to this list as you grow - you will get new insights each time.

REMEMBER:

You don't have to believe every thought that crosses your mind.

You don't have to carry stories that were never meant for you.

And you're allowed to rewrite your inner script- starting now.

Let this be your sacred invitation to release what no longer serves you and rise into the version of you who believes in what's possible.

*"Change the way you look at things and the things you look at change."
– Wayne Dyer*



Self-Worth and Identity

Limiting Belief: I'm not good enough.

Reframe Example: I am enough exactly as I am.

Your Reframe: _____

Limiting Belief: I always mess things up.

Reframe Example: I'm learning and growing every day.

Your Reframe: _____

Limiting Belief: I have to prove my worth.

Reframe Example: My worth is innate and unshakable

Your Reframe: _____

Limiting Belief: I'm too sensitive.

Reframe Example: My sensitivity is a strength and a gift.

Your Reframe: _____

Limiting Belief: I'm not as talented as others.

Reframe Example: I bring my own unique brilliance.

Your Reframe: _____

Self-Worth and Identity

Limiting Belief: I'm just not meant for big things.

Reframe Example: I was born to shine in my own way.

Your Reframe: _____

Limiting Belief: If people knew the real me, they wouldn't like me.

Reframe Example: When I'm real, I attract real love.

Your Reframe: _____

Limiting Belief: I have to be perfect to be accepted.

Reframe Example: I'm lovable in my imperfections.

Your Reframe: _____

Limiting Belief: I'm too much.

Reframe Example: My presence is powerful and needed.

Your Reframe: _____

Limiting Belief: I'm not the type of person who can do that.

Reframe Example: I get to choose who I become.

Your Reframe: _____

Your Own Beliefs

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**Empowering
Belief:**

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ASK YOURSELF:

Where did I learn this/these belief(s)?

What has it cost me to keep believing this?

What is this belief protecting me from? How am I benefitting?

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Fear & Failure

Limiting Belief: I'm afraid I'll fail.

Reframe Example: Every step forward is growth no matter the outcome.

Your Reframe: _____

Limiting Belief: Failure means I'm not good enough.

Reframe Example: Failure is feedback, not a final judgment.

Your Reframe: _____

Limiting Belief: If I fail, everyone will know I'm a fraud.

Reframe Example: I am real, human, and learning like everyone else.

Your Reframe: _____

Limiting Belief: I shouldn't try unless I'm sure I'll succeed.

Reframe Example: Trying itself is a brave and sacred act.

Your Reframe: _____

Limiting Belief: I've failed too many times.

Reframe Example: My persistence is proof of my strength.

Your Reframe: _____

Fear & Failure

Limiting Belief: I'm not brave like other people.

Reframe Example: Courage is showing up scared and doing it anyway.

Your Reframe: _____

Limiting Belief: What if I look foolish?

Reframe Example: My freedom is more important than other people's opinions.

Your Reframe: _____

Limiting Belief: Fear means stop.

Reframe Example: Fear can also mean this matters.

Your Reframe: _____

Limiting Belief: I'm not a risk taker.

Reframe Example: I take aligned risks that honor my soul.

Your Reframe: _____

Limiting Belief: I'm too anxious to move forward.

Reframe Example: I can move with fear and not be ruled by it.

Your Reframe: _____

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Change & Uncertainty

Limiting Belief: Change is too scary.

Reframe Example: Change is an invitation to grow.

Your Reframe: _____

Limiting Belief: I don't handle uncertainty well.

Reframe Example: I can find peace even in the unknown.

Your Reframe: _____

Limiting Belief: I need to control everything.

Reframe Example: I release control and trust the process.

Your Reframe: _____

Limiting Belief: I always fall apart during transitions.

Reframe Example: I am resilient and capable of adapting.

Your Reframe: _____

Limiting Belief: If I let go, everything will fall apart.

Reframe Example: Letting go creates space for something new.

Your Reframe: _____

Change & Uncertainty

Limiting Belief: I can't start over again.

Reframe Example: Every beginning is a sacred opportunity.

Your Reframe: _____

Limiting Belief: I need all the answers before I begin.

Reframe Example: Clarity comes through aligned action.

Your Reframe: _____

Limiting Belief: What if I regret it?

Reframe Example: I trust myself to learn from every path.

Your Reframe: _____

Limiting Belief: I've made too many mistakes.

Reframe Example: My past has prepared me for my purpose.

Your Reframe: _____

Limiting Belief: Nothing ever really changes for me.

Reframe Example: I am always evolving, even in small ways.

Your Reframe: _____

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Love & Relationships

Limiting Belief: I'm not lovable.

Reframe Example: I am deeply lovable just as I am.

Your Reframe: _____

Limiting Belief: I always attract the wrong people.

Reframe Example: I'm learning to choose love that honors me.

Your Reframe: _____

Limiting Belief: I have to settle.

Reframe Example: I am worthy of soulful, reciprocal connection.

Your Reframe: _____

Limiting Belief: Love means losing myself.

Reframe Example: True love supports who I truly am.

Your Reframe: _____

Limiting Belief: I don't deserve a healthy relationship.

Reframe Example: I deserve kindness, respect, and joy in love.

Your Reframe: _____

Love & Relationships

Limiting Belief: I'm too damaged for love.

Reframe Example: I am healing, and love is still possible.

Your Reframe: _____

Limiting Belief: If I speak up, I'll be rejected.

Reframe Example: My truth creates deeper connection.

Your Reframe: _____

Limiting Belief: I need to make everyone happy.

Reframe Example: It's not my job to fix or please others.

Your Reframe: _____

Limiting Belief: I can't be alone.

Reframe Example: I am whole, even in solitude.

Your Reframe: _____

Limiting Belief: My needs don't matter.

Reframe Example: My needs are valid and important.

Your Reframe: _____

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Purpose & Fulfillment

Limiting Belief: I don't have a purpose.

Reframe Example: My life has meaning, even if I can't see it yet.

Your Reframe: _____

Limiting Belief: I've wasted too much time.

Reframe Example: Every step has shaped who I am today.

Your Reframe: _____

Limiting Belief: It's too late for me to start over.

Reframe Example: It's never too late to begin again.

Your Reframe: _____

Limiting Belief: I don't know what I want.

Reframe Example: I'm reconnecting with my inner truth.

Your Reframe: _____

Limiting Belief: My dreams are unrealistic.

Reframe Example: My soul's desires are worthy of pursuit.

Your Reframe: _____

Purpose & Fulfillment

Limiting Belief: I'm not creative.

Reframe Example: My creativity is unique and sacred.

Your Reframe: _____

Limiting Belief: I missed my window.

Reframe Example: My timeline is perfectly unfolding.

Your Reframe: _____

Limiting Belief: Everyone else is ahead of me.

Reframe Example: I'm walking my own sacred path.

Your Reframe: _____

Limiting Belief: I should have figured this out by now.

Reframe Example: There's no deadline for becoming who I am.

Your Reframe: _____

Limiting Belief: I don't have what it takes.

Reframe Example: Everything I need is already within me.

Your Reframe: _____

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Aging & Body

Limiting Belief: I'm too old.

Reframe Example: I carry wisdom and power with every year.

Your Reframe: _____

Limiting Belief: My best years are behind me.

Reframe Example: My best years are unfolding now.

Your Reframe: _____

Limiting Belief: I'm invisible now.

Reframe Example: I am seen, radiant, and impactful.

Your Reframe: _____

Limiting Belief: I hate my body.

Reframe Example: My body is a miracle and my home.

Your Reframe: _____

Limiting Belief: I can't change at this age.

Reframe Example: Growth is always possible.

Your Reframe: _____

Aging & Body

Limiting Belief: Aging is something to fear.

Reframe Example: Aging is a sacred rite of passage.

Your Reframe: _____

Limiting Belief: I should look younger.

Reframe Example: I honor my natural beauty at every stage.

Your Reframe: _____

Limiting Belief: My body is failing me.

Reframe Example: I support my body with love and care.

Your Reframe: _____

Limiting Belief: I'm not desirable anymore.

Reframe Example: My essence is magnetic at every age.

Your Reframe: _____

Limiting Belief: I can't keep up.

Reframe Example: I move at my own divine pace.

Your Reframe: _____

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Spirituality & Intuition

Limiting Belief: I'm not spiritual enough.

Reframe Example: My connection to spirit is always valid.

Your Reframe: _____

Limiting Belief: I don't have strong intuition.

Reframe Example: My inner knowing is growing every day.

Your Reframe: _____

Limiting Belief: I can't trust my inner voice.

Reframe Example: My intuition is wise and trustworthy.

Your Reframe: _____

Limiting Belief: I need a guru to show me the way.

Reframe Example: I already hold divine guidance within.

Your Reframe: _____

Limiting Belief: I'm too skeptical to be spiritual.

Reframe Example: Questioning leads to deeper truth.

Your Reframe: _____

Spirituality & Intuition

Limiting Belief: I've been disconnected too long.

Reframe Example: I can reconnect with my soul anytime.

Your Reframe: _____

Limiting Belief: I'm not chosen or special.

Reframe Example: I am deeply loved and guided always.

Your Reframe: _____

Limiting Belief: I have to do spirituality the "right" way.

Reframe Example: My spiritual path is uniquely mine.

Your Reframe: _____

Limiting Belief: I'm too busy to be mindful.

Reframe Example: Even small pauses reconnect me to presence.

Your Reframe: _____

Limiting Belief: Others are more connected than I am.

Reframe Example: My relationship with spirit is sacred and personal.

Your Reframe: _____

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Communication & Expression

Limiting Belief: My voice doesn't matter.

Reframe Example: My words hold power and purpose.

Your Reframe: _____

Limiting Belief: I'm not good at expressing myself.

Reframe Example: I'm learning to speak with clarity and courage.

Your Reframe: _____

Limiting Belief: I shouldn't rock the boat.

Reframe Example: My truth is worth sharing.

Your Reframe: _____

Limiting Belief: I always say the wrong thing.

Reframe Example: I give myself permission to be human and speak freely.

Your Reframe: _____

Limiting Belief: If I speak up, I'll be judged.

Reframe Example: My voice is a reflection of my authenticity.

Your Reframe: _____

Communication & Expression

Limiting Belief: I have to stay quiet to keep the peace.

Reframe Example: Silence can be just as harmful as conflict.

Your Reframe: _____

Limiting Belief: No one listens to me.

Reframe Example: I listen to myself first — and others follow.

Your Reframe: _____

Limiting Belief: I'm not articulate.

Reframe Example: My message doesn't need to be perfect to be powerful.

Your Reframe: _____

Limiting Belief: I need to avoid conflict at all costs.

Reframe Example: Healthy conflict leads to deeper connection.

Your Reframe: _____

Limiting Belief: I'm too emotional when I talk.

Reframe Example: My emotions bring truth and heart to my words.

Your Reframe: _____

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