

Breaking Free From Limiting Beliefs



*A soulful guide to reclaiming your power
and living the life you were meant for.*

by Bonnie Loranty / Her Mojo Mastery



Introduction

Have you ever felt like something invisible is standing between you and the life you know you're meant to live? Like there's a quiet voice in your head whispering, "Who do you think you are?" or "You're too old to start over"?

That voice? That's a limiting belief. And you're not alone.

For many of us it's not a lack of intelligence, talent, or desire that holds us back. It's the silent, inherited stories we've absorbed over a lifetime... stories that taught us to play small, stay safe, and seek approval instead of alignment.

This book is here to help you unlearn all of that. You'll discover:

- What limiting beliefs really are (and why they feel so convincing);
- How they were formed and why they stick;
- Real-life examples of how they show up in everyday situations;
- A framework to begin rewiring your beliefs so they actually support your growth;
- And most importantly, the truth about who you are beneath all the old programming.

This guide is part practical roadmap, part gentle awakening. My hope is that it sparks something deep within you—a flicker of recognition that you were never broken, just buried under beliefs that were never yours to carry.

You're here because something inside you is ready to shift. Let's clear away what's been in the way... and make room for your truth to rise.

About Me



I'm Bonnie... and let me just say, if you've ever looked around at your life and quietly asked, "Is this all there is?"... then you're in exactly the right place.

After decades of doing everything "right" and still feeling like something essential was missing, I began a deeply personal journey back to myself. It wasn't always easy—but it was worth every uncomfortable truth, every surrendered identity, and every soul-deep revelation.

Now, I help other women (just like you) rediscover their spark, reconnect with their purpose, and rebuild their lives from the inside out—one aligned, authentic belief at a time. Through digital workbooks, soulful courses, and honest conversations, I create spaces where women can stop "performing" and start becoming—not someone new, but who they really are underneath all the "conditioning".

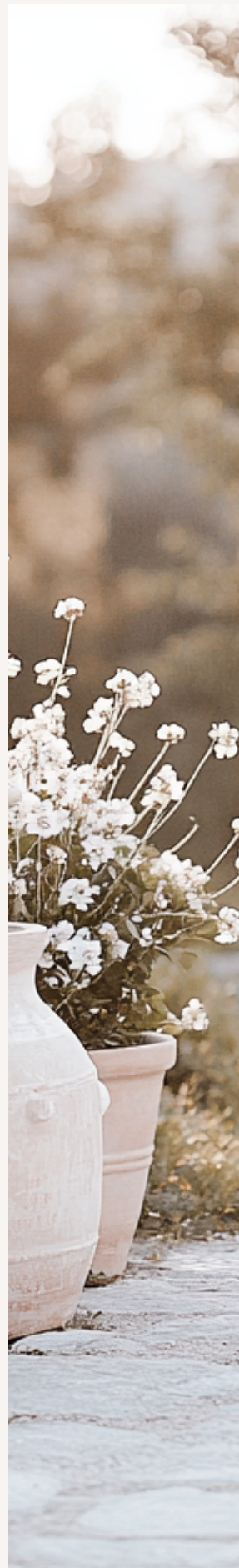
If something in these pages speaks to you, trust that nudge.

Your next chapter is calling and I'm so honored to walk beside you as you answer.

Bonnie
Her Mojo Mastery

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01

What Are Limiting Beliefs

“Don’t believe everything you think.” – Byron Katie

Limiting beliefs are the invisible scripts running the show behind the scenes of your life. They’re the quiet assumptions you make about yourself, others, and the world – many of which were planted in childhood or early adulthood by family, friend, teachers and society in general, and never questioned. Most of the time, you’re not even aware they’re operating – yet they quietly shape your actions, your choices, and your sense of what’s possible.

These beliefs act like mental fences; they keep you from wandering too far beyond what feels “safe.” But the safety they offer is an illusion because what they’re really doing is keeping you small, stuck, and disconnected from your true potential. They tell you things like:

- “I’m too old to start over.”
- “If I speak up, I’ll be judged.”
- “I don’t have what it takes.”
- “I’m not creative enough.”

At their core, limiting beliefs create stories about your worth, potential, and possibilities that feel true but aren’t. And most of the time, you don’t even realize they’re running in the background.

The Nature of Limiting Beliefs

The most dangerous thing about limiting beliefs is how reasonable they sound. They often show up as internal warnings:

- “Let’s not get our hopes up.”
- “Better stick with what we know.”
- “People like us don’t do things like that.”

And they can hide behind phrases like “I’m just being realistic,” when in fact, you’re repeating a thought someone once planted in you – a teacher, a parent, a partner, a boss, or society itself.

Limiting beliefs are learned – which means they can also be unlearned.

Limiting Beliefs Can Sound Like:

- “I don’t have what it takes.”
- “If I fail, I’ll lose everything.”
- “People will laugh at me.”
- “I’m not good with money.”
- “No one will support me.”

Some are rooted in fear. Others in guilt. Many sound like protective rules: “Don’t rock the boat,” “Stay small,” “Play it safe.” But here’s the truth: those “rules” aren’t facts. They’re inherited programs.

Karen, a 59-year-old retired teacher, had always loved painting. After retirement, she dreamed of opening an Etsy shop to sell her watercolor prints. But every time she sat down to create, a voice in her head whispered, “You’re not a real artist – you’re just playing.” That one thought stopped her for years. She didn’t promote her work, didn’t talk about it, and certainly didn’t sell it.

But when she learned to name that voice for what it was – a belief, not a truth – everything shifted. Today, her shop is thriving, and she’s discovered a renewed sense of joy and confidence in her creativity.

CHAPTER 01 EXERCISE : The Belief Timeline

Purpose: To recognize how long a belief has been influencing your life.

Instructions:

- Pick a single belief (e.g., “I’m not good enough”).
- Reflect and write down the first memory you have of this belief forming.
- List at least 3 major life decisions that were influenced by this belief.
- End by writing one thing you might have done differently if this belief wasn’t there.

Why it works: This exercise will bring awareness to how long you've been carrying the belief – and how freeing it would feel to set it down.

O2 Where Do Limiting Beliefs Come From

“You must learn a new way to think before you can master a new way to be.” – Marianne Williamson

Limiting beliefs do NOT show up out of nowhere. Most limiting beliefs form during childhood or major life transitions. Most of the time, they were planted in us when we were young – when we were vulnerable, curious, and desperate to fit in and feel safe. These beliefs often come from people or systems we once trusted: parents, caregivers, teachers, peers, media, religion, even society as a whole. Sometimes they’re spoken aloud. Other times, they’re modeled in behavior or silently absorbed over time.

We internalize them in moments that feel emotionally significant:

- A parent saying, “Don’t get your hopes up.”
- A teacher telling you, “You’re just not good at math.”
- A religious message implying that wanting more is selfish.
- A childhood friend rejecting you when you were authentically yourself.

These moments may seem small – but they imprint deeply, especially when they happen early or repeatedly.

They may have served a protective function once—but over time, they start to restrict instead of support. Sources of limiting beliefs include:

- Childhood conditioning: “Don’t get too full of yourself” becomes “I should stay small.”

- Cultural or societal messages: “A woman’s value declines with age.”
- Past failures or trauma: “I tried and failed once, so I shouldn’t try again.”
- Religious or spiritual misinterpretations: “It’s selfish to want more.”

The Beliefs We Inherit

Limiting beliefs are often passed down generationally. A parent’s scarcity mindset becomes your caution around money. A teacher’s rigid view of success becomes your fear of failing. A religious community’s judgmental tone becomes your shame about wanting something different.

These beliefs may have once served a protective purpose. But as you grow and evolve, they become outdated - like hand-me-down clothes that no longer fit.

You are not wrong for carrying these beliefs. But you are responsible for whether you keep carrying them. You don’t have to feel guilty for having limiting beliefs - you just have to get curious about where they came from.

Common Sources of Limiting Beliefs

1. Childhood Conditioning

“Don’t get too full of yourself.” ➤ “I should stay small.”

“Be a good girl.” ➤ “My worth comes from pleasing others.”

2. Cultural or Societal Messages

“A woman’s value declines with age.”

“People like you don’t do things like that.”

3. Religious or Spiritual Misinterpretations

“It’s selfish to want more.”

“Suffering is noble.”

4. Past Failures or Traumas

“I tried and failed, so I shouldn’t try again.”

“The last time I trusted someone, I got hurt – never again.”

5. Family Beliefs About Money, Success, or Identity

“Money doesn’t grow on trees.”

“Artists don’t make real money.”

“Stick with what you know.”

The Truth

You weren’t born with these beliefs. You inherited them. And just like any hand-me-down, you get to decide what fits... and what it’s time to let go of. Your beliefs are not your fault – but they are your responsibility.

Denise, a talented 46-year-old coach, couldn’t seem to hold on to financial success. Every time her business began to thrive, she’d self-sabotage – taking on underpaying clients, giving away services for free, or abandoning her marketing altogether. Through journaling and reflection, she traced the pattern back to her upbringing. Her father had lost everything in a failed business, and her mother often said things like, “Rich people can’t be trusted” and “It’s greedy to want more.” Unconsciously, Denise had learned that financial success was dangerous. That to be safe, she had to stay small.

Once she saw the origin of this belief clearly, she could begin to question it, reframe it, and replace it with something far more empowering like:

“It is safe for me to succeed. My abundance helps others.”

CHAPTER 02 EXERCISE : The Voices Exercise

Purpose: To identify where your limiting beliefs originated.

Instructions:

- Choose a belief you hold.
- Close your eyes and ask: “Whose voice is this?” Journal what comes up - was it a parent, teacher, religious leader, ex-partner?
- Write a letter (not to be sent) to that person, expressing how this belief impacted you and what you’re choosing to believe now.

Why it works: Giving the belief a “voice” externalizes it, creating space for new internal truths.

03

Why Do They Keep Us Stuck



Limiting beliefs are seductive because they create a sense of safety disguised as logic or caution. “Don’t dream too big.” “Be realistic”. These things *sound* responsible but what they are actually doing is trapping in a cage of your own making! They keep you inside your favorite place - your comfort zone! In your comfort zone there are fewer risks - but also fewer opportunities for growth, joy, and authenticity.

The human brain is incredibly efficient - and that’s part of the problem. It loves what’s familiar, even if that familiarity is painful, toxic, or limiting. Why? Because familiar feels safe. Predictable. Known. And to your nervous system, *known* = *survivable*.

So when you reach for something unfamiliar - a new dream, a bold action, a vulnerable truth - your brain may sound the alarm: ***“Danger! Don’t rock the boat!”***

Even if the “danger” is just the possibility of rejection...or success...or visibility.

This is how limiting beliefs keep you stuck. They trick your body into thinking you're under threat, even when you're just trying to grow.

The Comfort Zone Trap

Think of your comfort zone as a cozy, familiar room. Your dreams live just outside the door – but every time you get close to the door, your inner critic shouts, “What if you fail?” So you stay put. The longer you stay, the more convincing that voice becomes.

Imagine your comfort zone as a cozy, familiar room. It has a couch you’ve sunk into a thousand times. You know where the light switches are. The pictures on the wall never change. And just outside the door? Your dreams.

But when you start reaching for those dreams, your inner critic – the voice of your limiting beliefs – pipes up:

- “What if you fail?”
- “What will people think?”
- “Who do you think you are?”

So you stay in the room. The longer you stay, the more convincing the voice becomes. The dream outside the door starts to feel farther away. You might even forget it was there at all.

But here’s the thing: the door is not locked. You just have to be brave enough to open it.

Why Limiting Beliefs Feel So Convincing:

- They offer the illusion of safety
- Reinforce themselves through repetition
- Feel emotionally true, even when they aren’t objectively true
- Are often connected to real pain or past experiences
- Are rarely challenged – so they harden into “truth”

The Truth

Growth is uncomfortable. But discomfort doesn't mean something is wrong. It means something is happening.

Every time you choose to step outside the comfort zone, you expand what's possible. And every time you do that, the voice of fear gets quieter, and the voice of truth gets louder.

The only thing standing between you and the life you desire is the story you keep telling yourself about why you can't have it.

Jessica had always wanted to become a yoga teacher, but every time she thought about signing up for certification, she'd freeze. "I'm not thin enough," she'd tell herself. "People will judge me."

What she didn't realize was that her nervous system had equated being seen - being in front of others - with danger. As a teen, she'd once been mocked during a school presentation, and the sting of that memory had become a protective wall.

Her belief was: "If I'm visible, I'll be hurt." Once she uncovered this root belief, she could gently challenge it. She took one small step - attending a yoga class for teachers in training just to observe. That one brave move helped her nervous system feel safe enough to take the next one. Today, she teaches with confidence and compassion- especially for students who feel like they don't "look the part."

CHAPTER 03 EXERCISE : Fear Dialogue

Purpose: To hear and respond to the fear that's keeping you stuck.

Instructions:

- Write a conversation between your Fear Voice and your Higher Self.
- Let Fear express its worries about you stepping out of your comfort zone.
- Then, let your Higher Self respond with truth, reassurance, and wisdom.

Why it works: This technique validates fear without letting it drive the bus - and empowers your inner wisdom.

“Fear is the cheapest room in the house. I would like to see you living in better conditions.” - Hafiz

04 Identifying Your Own Limiting Beliefs

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”- Carl Jung

Before you can release a limiting belief, you have to shine a light on it and actually *see* it. That may sound obvious, but many of our most powerful beliefs are invisible - hiding in plain sight, buried in the choices we make and the stories we tell ourselves every day.

These beliefs don't always shout. They whisper. They show up as excuses, hesitation, self-sabotage, or a quiet ache you can't explain. The good news? Once you know what to look for, you can start uncovering them. And once they're exposed, they lose their power. Here's how to start uncovering them.

Common Clues:

- You feel stuck in a certain area of life (money, love, career, creativity).
- You keep procrastinating on something you *say* you want.
- You catch yourself repeating excuses or negative self-talk.
- You feel a deep desire for something...and immediately talk yourself out of it.
- You repeat patterns that don't serve you and can't explain why.
- Your inner voice is often critical, doubtful, or dismissive.

These are not failures. They are flags. They point to a hidden belief that wants to be brought into the light.

Ask yourself:

- What is something I deeply want but haven't pursued? Why?
- What story do I tell myself about why I can't have or do that?
- Whose voice is this belief in? A parent? A teacher? An old version of me?
- Is this belief absolutely true - or just something I've repeated for a long time?

Let your answers be messy, incomplete, emotional, or surprising. The goal isn't perfection. It's awareness.

Try This: The "Belief Autopsy"

Choose a recent moment when you felt fear, hesitation, or self-doubt. Rewind the tape:

- What was the trigger?
- What thought came up first?
- What did you feel in your body?
- What belief might be hiding under that reaction?

The more curious you become, the more clearly you'll see the beliefs that have been shaping your behavior - and the more power you'll have to change them. You cannot heal what you will not name.

You Are Not Your Thoughts

It's important to remember that you are not your beliefs. You are the one observing your beliefs. That awareness alone is transformational. Because if you can see a belief...you can choose a new one.

Lisa always dreamed of moving to a coastal town and starting a holistic healing practice. She loved energy work and had studied it for years, but she never took the leap. Whenever she thought about moving, her inner voice chimed in:

“You can’t just leave stability behind.”

At first, she believed it was her own voice - her own wisdom - warning her to be responsible. But during a journaling session, she realized the voice sounded exactly like her father’s. He had always preached that security and a steady paycheck were more important than joy or passion. That voice wasn’t her truth. It was inherited fear.

Once she saw it clearly, she could lovingly say: “Thank you for trying to protect me. But I choose joy now.”

CHAPTER 04 EXERCISE : Pattern Tracker

Purpose: To find recurring limiting beliefs in your daily life.

Instructions:

- For 3 days, keep a small notebook or phone note with you.
- Any time you notice self-doubt, procrastination, judgment, jealousy, or guilt - write down the situation and the thought behind it.
- At the end of the 3 days, review and highlight repeated phrases or patterns.

Why it works: Awareness is built in real time - and patterns are easier to see when tracked.

05 Scarcity Thinking: The Root of Small Thinking

*“Abundance is not something we acquire.
It is something we tune into.” – Wayne Dyer*

Limiting beliefs often show up wearing the disguise of “being realistic.” But dig deeper, and you’ll often find a scarcity mindset underneath – a belief that there’s not enough: not enough money, not enough time, not enough love, not enough for you.

This belief system isn’t your fault. We’ve been steeped in it since childhood: told to save for a rainy day, warned not to share ideas in case someone “steals” them, taught to view others’ success as a threat instead of inspiration.

But here’s the truth: scarcity is a lie. The universe is abundant. The more you align with this truth, the more you realize that your limitations were never yours – they were learned. And they can be unlearned.

Common Scarcity-Based Limiting Beliefs

- “There isn’t enough to go around.”
- “I can’t trust people—they’ll take what I have.”
- “It’s selfish to want more.”
- “I need to be careful or I’ll lose everything.”
- “If someone else succeeds, there’s less for me.”

Let's Reframe Them

“There isn’t enough to go around.” FALSE.

Nature itself proves otherwise – seawater can be turned into drinking water, solar energy is limitless, and creativity? It never runs dry.

“I can’t trust others.” FALSE.

That mistrust is old fear talking. Try offering help or sharing your knowledge – watch how often it comes back to you in ways you didn’t expect.

“Success makes people selfish.” FALSE.

The most successful people are often the most generous. Generosity is a result of believing in plenty.

Karen's Story Revisited

Karen didn't just struggle with the belief that she "wasn't a real artist." Underneath it was a belief that if she failed, she'd lose everything. But failure didn't mean the end – it meant a lesson, a redirection. When she started sharing her paintings anyway, she discovered something profound: there was a market for her unique style, and people wanted her to succeed.

CHAPTER 05 EXERCISE : Abundance Audit

Purpose: To recognize where abundance already exists in your life.

Instructions:

- Choose 5 categories: time, energy, love, money, creativity, etc.
- Under each, list 10 ways you already have “enough” or more.
- Examples: “I have friends who check on me,” “I made time to cook today,” “I have ideas that inspire me.”

Why it works: Trains your brain to see overflow, not lack — which supports new, expansive beliefs.

06 Rewriting the Script

“You can’t go back and change the beginning, but you can start where you are and change the ending.” – C.S. Lewis

Once you’ve identified a limiting belief, the next step is not to battle it with willpower - but to rewrite the script. This isn’t about pretending or slapping a happy thought on top of a painful one. It’s about creating a new, truthful, and empowering belief - one that feels expansive instead of restrictive, and supportive instead of scary.

Because here's the truth: you can’t create a new life with the same old thoughts.

Step 1: Name the Limiting Belief

You can’t change what you won’t name. The first step is to call out the belief as it is.

Examples:

- “I’m too old to start over.”
- “No one will want what I have to offer.”
- “If I fail, I’ll be humiliated.”
- “I’m not smart/creative/talented enough.”

When you name the belief, it separates it from you. You are not the belief. You are the one observing it. That distinction is powerful.

Step 2: Question the Belief

Ask yourself:

- Is this absolutely true?
- Who told me this?
- What evidence do I have that this isn't true?
- What has this belief cost me?

When you slow down and interrogate your thoughts, you begin to realize how many are built on sand — not truth.

Step 3: Find a Bridge Belief

You don't have to leap from "I'm not good enough" to "I'm the best ever." That leap can feel fake - and your brain will reject it. Instead, create a bridge belief - a thought that feels better and believable.

Example:

- Old belief: "I'm not creative enough."
- Bridge belief: "I'm learning to express my creativity more freely."

Step 4: Create an Empowering Replacement

Once the old belief is seen and softened, you can replace it with one that aligns with who you really are.

Examples:

- "My voice matters."
- "I am safe to be seen."
- "I have everything I need to begin."
- "My experience is valuable."
- "It's never too late to start."

Say it aloud. Write it down. Anchor it into your reality. And most importantly: act as if it's true.

Maria, 63, had spent decades in a draining corporate job. When she finally retired, she felt both free and lost. The voice in her head said, "It's too late to start something new." But something in her wouldn't let that be the final word.

She began journaling about what she truly wanted - to help other women reconnect with their purpose. At first, the limiting belief was loud: "Why would anyone listen to me?"

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But through reflection, she rewrote her belief: "My age is my superpower. I've lived it - now I get to teach it."

That belief led to an online course, a small but growing audience, and most importantly, a new sense of purpose.

A Gentle Note on Resistance

You will notice that some beliefs don't want to go quietly. That's okay. Change can feel threatening - even when it's good.

Your nervous system might push back. You may doubt. You may want to run back to the familiar. That's normal. Keep going anyway.

Keep showing up with curiosity and compassion. And keep choosing the new belief, again and again, until it becomes your new default.

CHAPTER 06 EXERCISE : Belief Voiceover

Purpose: To anchor a new belief using your own voice.

Instructions:

- Record yourself saying your new belief as if it were already true. Speak slowly and with conviction.
- Example: “I am open to receiving abundance with ease.”
- Listen to it daily - especially first thing in the morning and before bed.

Why it works: Your own voice has a deep impact on your subconscious mind - repetition builds belief.



07 Tools to Break Free

*“Your beliefs become your thoughts. Your thoughts become your words.
Your words become your actions. Your actions become your habits.
Your habits become your values. Your values become your destiny.”
– Mahatma Gandhi*

Rewriting your limiting beliefs isn't a one-time task - it's a lifelong practice. But the more tools you have in your toolbox, the easier it becomes to stay aligned with your truth, your worth, and your vision.

This chapter gives you tangible practices to help you gently unhook from scarcity, fear, and doubt...and anchor into abundance, trust, and possibility. These are just brief explanations of the tools; you may need to do further research/training to be proficient at some of them.

You don't need to do them all. Pick the ones that resonate with you; let them evolve with you. The goal isn't perfection - it's permission to grow.

Mirror Work

This simple but powerful practice is about facing yourself - literally - and speaking truth into your reflection. How to do it:

Stand in front of a mirror. Look into your own eyes. Speak aloud an empowering truth or belief.

Examples:

- “I am enough.”
- “I choose to believe in my dreams.”
- “I am safe to be seen.”
- “My voice matters.”

Yes, it will feel awkward at first. **Do it anyway.** Your subconscious hears what you say - and repetition rewires. Mirror work is one of the fastest ways to build self-trust, confidence, and compassion.

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The Belief Flip

Limiting beliefs love to sound like facts. This tool helps you flip the script and shift your perspective. How to do it:

1. Write down your limiting belief.
2. Flip it to the opposite.
3. List 3 reasons the new belief could be true (or more true).

Example:

- Limiting belief: “I’m not qualified.”
- Flip: “I am more than qualified.”
- Evidence: I’ve helped others. I’ve lived this. I’m willing to learn.

Each time you do this, you will loosen the grip of the old belief and strengthen a new one.

EFT Tapping

Emotional Freedom Technique uses gentle tapping on specific energy points (meridians) while focusing on a belief or emotion. It’s like acupuncture without the needles – and it works by calming the nervous system and rewiring emotional patterns.

Basic Format:

- While tapping, say the limiting belief + an accepting statement.
- Then reframe the belief with a new one.

Example:

“Even though I feel like I’ll fail, I deeply and completely accept myself.”
“I am learning. I am growing. I am enough.”

This tool is especially helpful when a belief is tied to anxiety or fear in the body.

Body Grounding

Limiting beliefs don’t just live in the mind — they’re stored in the body. When you feel triggered, stuck, or overwhelmed, try a grounding practice.

Options include:

- Placing your hand on your heart and breathing deeply
- Walking barefoot on grass
- Doing gentle movement like yoga or stretching
- Shaking out your hands or dancing to release stagnant energy

These simple practices remind your body that it is safe to be here, to expand, and to receive.

Gratitude Practice

Gratitude expands what you have. It shifts your focus from what's missing to what's working - and reminds your nervous system that you're safe and supported.

Daily Prompt:

Write down 3 things you're grateful for each day. Be specific.

Bonus: Include things you're grateful for in advance; this helps train your mind for abundance.

Example:

- I'm grateful for the energy I felt this morning.
- I'm grateful for the opportunity that's on its way.
- I'm grateful for the courage I'm building each day.

Gratitude is not a distraction from your healing — it's fuel for it.

Speak Into Being

Words have energy. When you speak your new beliefs aloud - especially in front of someone you trust - you begin to embody them. Say your belief with conviction, even if your voice shakes.

Examples:

- "I am becoming the kind of woman who trusts herself."
- "I deserve to take up space."
- "I am capable of creating a life I love."

You don't need to believe it 100% yet. Just believe it enough to say it.

Inspired Micro-Actions

Sometimes the best way to break a limiting belief is to do the thing it says you can't do.

Belief: "I'm not creative."

Action: Write a poem or take a photo today.

Belief: "I'm not a leader."

Action: Host a small gathering or lead a conversation.

Belief: "I can't succeed."

Action: Make one small move toward your dream - a phone call, a post, an application.

Each small action rewrites the belief in your body - proving to your nervous system that it's safe to be brave.

A Note on Consistency

You don't have to do all the tools, or do them perfectly. But the more consistently you use the ones that resonate with you, the faster the transformation.

Repetition + emotion = rewiring.

You are literally creating new neural pathways that lead to a more authentic, expansive version of you.

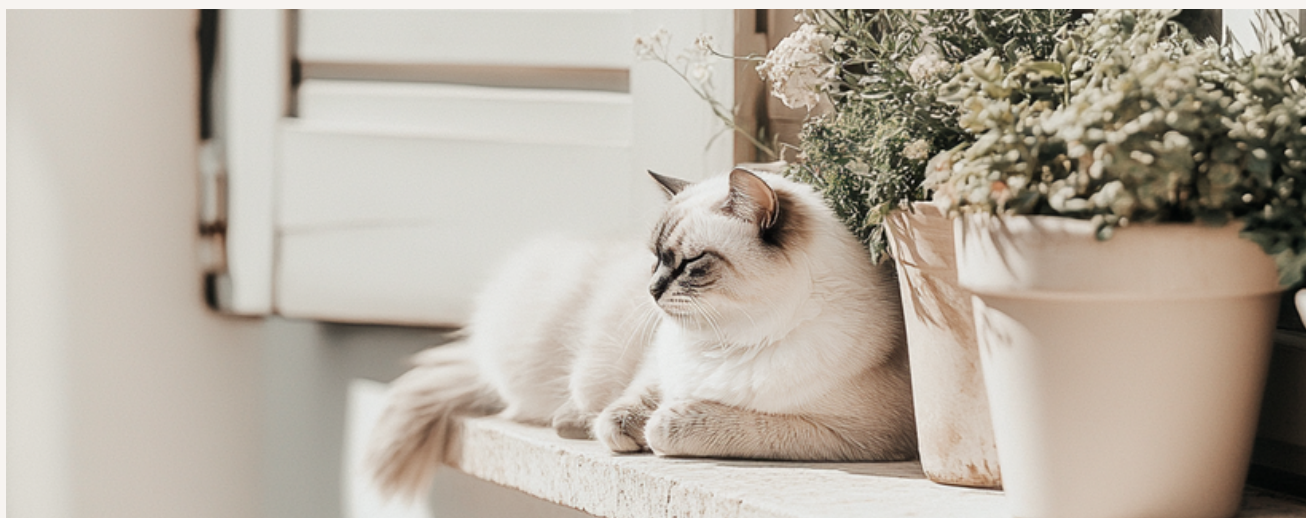
CHAPTER 07 EXERCISE : CREATIVE REFRAMING COLLAGE

Purpose: To shift mindset through visual inspiration.

Instructions:

- Using magazines, Canva, Pinterest, or your own drawings, create a visual representation of your new belief.
- Include images, colors, words, or symbols that reflect the life you're calling in.
- Place it somewhere you'll see daily.

Why it works: It activates the creative brain, bypasses resistance, and brings new beliefs to life through imagery.



08 Living Beyond Your Limits

*“There is no greater burden than unfulfilled potential.”
– Charles Schulz*

Breaking free from limiting beliefs is not just about changing your thoughts. It’s about changing your life – how you show up, what you allow, what you claim, and how fully you inhabit your truth.

Living beyond your limits means no longer letting fear, doubt, or old programming dictate your next move. It’s choosing expansion over contraction. Alignment over approval. Integrity over image. And while the work of belief-shifting is ongoing, there does come a moment – maybe even this moment – when you realize “I don’t have to live by those old stories anymore.”

This Is Not About Becoming Someone Else

You’re not here to become a brand-new person. You’re here to remember who you were before the world told you who to be.

Living beyond your limits is about reconnecting with the part of you that always knew:

- You are worthy.
- You are capable.
- You are here for something meaningful.

It’s shedding the layers of performance, people-pleasing, perfectionism, and fear – and choosing authenticity instead.

Signs You're Living Beyond Your Old Limits

- You feel more at peace, even during change.
- You trust your intuition more than others' opinions.
- You speak up for what you need.
- You set boundaries without guilt.
- You make aligned decisions even when they scare you.
- You feel curious, not crushed, by failure.

This doesn't mean life becomes perfect. But it becomes yours - deeply, meaningfully yours.

The Shift Is Subtle...and Powerful

You might notice it in how you walk into a room. Or how you respond to criticism. Or how you take a deep breath before saying, "Actually, that doesn't work for me."

It might look like:

- Finally applying for that job or program
- Starting the business or blog you've always dreamed of
- Saying no to what drains you
- Saying yes to what lights you up

It's not about doing it all at once. It's about choosing your truth one moment at a time.

A Practice for Living Fully

Ask yourself each morning "What would I do today if I didn't believe anything was wrong with me?"

Then do something - even something small - in alignment with that answer.

**That is how you build a new reality:
one empowered, honest, bold step at a time.**

You Are Not Behind

If you've spent decades living inside limits... that's okay. You weren't doing it wrong. You were surviving. You were protecting yourself. You were doing the best you could with the beliefs you had.

But now you know more. And now...you get to choose differently.

You are not late. You are right on time for your own becoming.

Sharon spent most of her adult life putting everyone else first - her children, her partner, her aging parents. Somewhere along the way, her own dreams were buried.

After turning 60, she finally gave herself permission to explore a long-forgotten passion: writing.

At first, the old beliefs came up:

- *"You're too old."*
- *"Who would care what you have to say?"*
- *"It's selfish to take this time for yourself."*

But one day, she sat down and wrote anyway. She didn't start with a book. She started with a page.

Now, Sharon is writing her memoir - not for fame, but for freedom. She said, "For the first time in my life, I feel like I'm not shrinking to fit anymore."

CHAPTER 08 EXERCISE : ALIGNED ACTION PLANNER

Purpose: To move from internal shifts to real-world expression.

Instructions:

- Choose one area of life where you've been playing small (relationships, work, creativity, etc.).
- List 3 small but bold actions you could take this week that would reflect your new belief.
- Example: "Belief: My ideas are valuable.
- Action: I will post one of them publicly."

Why it works: Beliefs become integrated through action. This builds a bridge from the inner world to the outer one.



09 Your Dream Life Starts NOW

“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.” – Deepak Chopra

You’ve made it through the soul work. You’ve uncovered the hidden beliefs, rewritten the stories, and begun shifting from fear to trust, from scarcity to abundance, from limitation to liberation.

Now what? Now you begin. Not someday. Not when you feel “ready.”

N O W !

The Lie of “Ready”

So many people wait for permission. For the perfect moment. For the fear to go away. But here’s the truth: that moment never comes on its own.

You don’t build confidence and then take action.

You take action... and that’s how confidence is built. Your dream life doesn’t arrive fully formed — you create it one aligned decision at a time.

From Dreaming to Doing

Start small. Start messy. Start scared. But start.

Want to write a book? Write one page today.

Want to leave your job? Begin researching possibilities.

Want to feel better in your body? Drink some water. Take a walk.

Want to build a business, launch a project, create something meaningful?

Take one micro-step. Today. You don't need to know all the how. You just need to listen for your next *yes*.

Your Dream Life Isn't Just About Achievement

This journey isn't about chasing more. It's about coming home to yourself.

- It's about feeling free in your choices.
- It's about feeling at peace in your skin.
- It's about doing things that light you up — even if no one else understands them.
- It's about showing up every day and saying, “This is the life I'm choosing.”

Success isn't some far-off destination. It's a daily devotion to the life you actually want.

Real-Life Example: Your Story

Maybe your dream life doesn't look like a mansion or a million followers.

Maybe it looks like:

- *Feeling well enough to walk in nature again.*
- *Rebuilding your finances with integrity and ease.*
- *Creating space for rest, joy, and creativity.*
- *Finally trusting yourself.*

Your dream is yours for a reason. And you are more ready than you know.

A Simple Invitation

Try this morning ritual for the next 7 days:

- Place your hand on your heart.
- Say out loud: “I am choosing my life today. I am choosing to believe in myself. I am choosing to show up, even in the unknown.”
- Then ask: “What is one small step I can take today that moves me closer to the life I want?”
- Listen. And do it — no matter how small.

This is how dream lives are built. Not in massive leaps, but in daily alignment.

You Are the Author Now

You’ve been handed scripts your whole life. But now... you hold the pen. You are the author of what comes next. What story will you write? What future will you claim? What truth will you live into?

There is no wrong place to start — only a wrong belief that you’re not allowed to.

A Blessing for the Road Ahead

May you trust the wisdom rising inside you.
May you shed the beliefs that no longer fit.
May you take up space with ease and grace.
May your life become a reflection of the love,
courage, and light that has always been within you.

Your dream life isn’t out there. It’s right here, ready to unfold - one bold breath at a time.

Start where you are. Your dream life isn't a fantasy - it's a possibility. One brave thought, one aligned action at a time.

CHAPTER 09 EXERCISE - FUTURE SELF VISUALIZATION

Purpose: To connect with your vision and embody it now.

Instructions:

- Close your eyes and imagine your future self one year from now - living in alignment, free of the limiting belief.
- Notice how she dresses, speaks, decides, creates, loves.
- Write a letter from her to you. What does she want you to know? What would she thank you for starting today?

Why it works: Tapping into your future self helps you collapse the gap between where you are and where you're going.

