

Pathway to Transformation

1. Break down challenge
2. Ask honest questions
3. Get creative

What Challenge am I trying to solve?

The Real Limitation What is it?

It sounds basic to ask what a limitation is but it is really important because many times what we think are limitations are in fact not. OR the real limitation is different that what we think we are facing. Ask someone you trust to discuss your limitation. Because there is a good chance your limitation has a self-limiting belief entwined with it.

The Real Limitation (External) Write it down.

Question Generation What questions get me curious about this limitation?

Self-Limiting Belief What is it?

When you run into a challenge and immediately say things like "can't work" "won't happen" "that's impossible", you may be dealing with a self limiting belief. A self limiting belief is a belief you have that is preventing you from moving forward. They are often hard to find.

Note: Talk through your challenge with a friend. Discuss if your beliefs are preventing you from moving forward. Even if you disagree it's important to hear.

Things to think about.

Tell someone (or even yourself) about your challenge and what you believe about it. Examine what you are saying. Why do you believe what you believe? Were you taught to believe this? Did you arrive to these beliefs on your own? **Do you think these beliefs affect your willingness to get creative with the limitation?**

So. Do you really believe what you believe? Or have those beliefs just settled in and you haven't thought about it in a while? Do you want your perspectives to control your outcome or are you open to the process of exploring different ways of looking at the challenge? **My hope is you are willing to explore your beliefs with a fresh eye.**

Get Creative!

Self-limiting Belief (Internal) Write it down.

Action Generation What actions can I take to manage these Self-limiting Beliefs when they arise?

The Goal

If this helps you let me know!
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