

Conquering Self-Sabotage and Limiting Beliefs

By Natalie Reimer Anderson

The process of transforming our behaviours to be in alignment with our true desires for our life comes down to two things:

- Making the unconscious conscious= Awareness of limiting beliefs
- Rewire the brain's neurocircuitry= Installing new beliefs

Helpful tips to do this for yourself:

- 1) Identify and make conscious our subconscious programmed core beliefs. Use the "Chase/Challenge/Choose/Change" Method.
- 2) Call out your unhealthy patterns and habits you want to change. "Honest and Often" self-reflection.
- 3) Decide what you truly desire for your life and commit to it. See and FEEL your future self free of these patterns and with your new healthy patterns.
- 4) Establish your big WHY. Why does this matter to you? You need to know this to fall back on when the times get tough and you want to quit.
- 5) Create "pain in the brain" associated with what life will be like if you DON'T change. Remember, the brain is motivated by avoiding pain. Check your "secondary gains" to make sure they are not keeping you stuck.
- 6) Let go of the habit of blaming people or forces outside of yourself. Radical responsibility for your life. You are in control through conscious choosing.
- 7) Be ruthlessly editing of your self-talk and challenge your inner critic every time it pipes up. Use affirmations and mantras to rewire your brain to positive self-thoughts.
- 8) Use "the power of less" to break up new tasks or goals into smaller chunks. That way you won't trigger the overwhelm button that has us feel defeated before we begin.
- 9) Don't confuse productivity and busyness for self-worth. Take pride in your positive actions and not just your positive outcomes. The journey is the destination.
- 10) Incentivize, celebrate and acknowledge every small change on your way to your goal.
- 11) Stop identifying with and arguing for your limitations. These are not unchangeable personality traits or defects that you can't do anything about. Everything can be transformed with desire, effort and encouragement.
- 12) Change the way you see change. See change as a positive experience you "get" to do. Use the correct language to reprogram your brain. Adopt a "growth mindset" that says "this is expansive and exciting" rather than, "this is scary".
- 13) Trust your triggers- they are showing you the mistaken beliefs you have about yourself that are asking for your awareness to be healed. See this as a gift of greater freedom and self-satisfaction.