



Thirty Day Challenge 2009 – Mindset – Day 03

2009KM03: Limiting Thoughts

Running Time: 3mins



Intro

Hello, This is Karl Moore, and welcome to another online video on the Human Mindset, as part of the Thirty Day Challenge.

Today I'd like to chat with you about Limiting Thoughts, and how you can overcome them to find greater success in your life.

Dealing with Limiting Thoughts

Now, we're all surrounded by Limiting thoughts - these are thoughts which are holding you back.

For example, thoughts which say that you must meditate in order to find happiness; thoughts that say you can't be spiritual and rich; thoughts which say that you must purchase the latest Internet Marketing Guru's course in order to be successful online. These are all limiting thoughts - thoughts that are holding you back.

30 Day Challenge

there is no charge for awesomeness



Well, the truth is that they're rubbish, and you can learn to let go of these thoughts and have greater freedom, happiness and success in your life.

So how do you do it. Well, it's very, very simple:

- **Step 1** - Review all of your plans, goals and ambitions, and realise whenever you get one of those feelings inside the stomach which says, "I can't because..."
- **Step 2** - Ask yourself, "Is this a limiting thought?" - is this something that is up here [in your head], which is holding you back
- **Step 3** - If it is, just let it go. Just release it

That's how simple it can be to let go of the thoughts which are holding you back.

So, again:

- **Step 1** - Review your thoughts, plans, ambitions, goals and watch out when you stumble across one of those feelings which says "I can't"
- **Step 2** - Ask yourself "Is this a limiting thought?"
- **Step 3** - If it is (it usually is), just let it go.

So that's how you can quickly de-programme yourself and let go of some of the limiting thoughts that might be holding you back.

Right, that's all for this video. I'll see you very soon. Good luck with the rest of the Thirty Day challenge.

This is Karl Moore. Bye Now.

Summary:

- We experience many Limiting Thoughts
- Dealing with them:
 - o Review your thoughts
 - o Look out for "I can't..."
 - o See if it's a Limiting Thought
 - o If it is, let it go

Links

Karl's Blog: <http://karlblog.com/>