



11. RELEASE SELF-LIMITING BELIEFS

Our self-concept, or the way we view ourselves and others, defines our whole existence, and it is based on the infinite number of beliefs that we have accumulated over our lifetimes and up to this point.

Unfortunately, we don't tend to question our deeply-rooted beliefs

very often because they are a part of our identity that we are very much used to.

We subconsciously accept them as the ultimate truth and live life accordingly.

But maybe the time has come to re-evaluate and ask yourself:

Which beliefs no longer serve me?

Which beliefs are more harmful than they are helpful?

As challenging as this idea may be...

It is time to consciously LET. THEM. GO.

Instead, focus on beliefs that uplift and excite you;

beliefs that positively motivate and propel you forward in life.

What do you need to believe in order to become the best version of yourself?



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