



How to Eliminate Your Self Limiting Beliefs

The only way to improve your life is to change your beliefs about yourself and about your possibilities. Only when you believe something is possible, will you take action.

Would you like to double your income? Who wouldn't? But here's the rub - do you believe it's possible? If you don't, you will not do what you need to do to double it.

Who are you associating with? I make it a point to hang around people who are making many times what I'm making. I was on the phone with two millionaires just this morning. By doing that, you know what is happening? I'm starting to believe that I can do it too. It's all about what you sincerely believe.

I guarantee you that if I didn't make it a priority to regularly associate with millionaires, I would not believe that I can become a millionaire. By the way, these mentors of mine are doing the same thing. Except they add a few zeroes. The millionaires are hanging around billionaires. No joke.

You see, it's no different than what you tell your kids. A C student can't teach you how to become a B student and a B student can't teach you how to become an A student.

If all you do is hang around average people, I can tell you exactly what will happen. Before long, you'll start believing you have average intelligence, average creativity, average talent, average capability, and average skills. And you know what? In virtually every case, those beliefs will be wrong.

When you start associating with winners, you start realizing that they are not much smarter, talented, or gifted than most people. You start realizing that they are ordinary people with extraordinary desire, belief, focus, and willingness to get the job done. You hang around them long enough and you start seeing the possibilities. You start seeing that you've had what it takes all along. You start developing hope, belief and faith in the future. And when that starts happening, look out! You start taking action. Because when there's hope in the future, there's power in the present.

All beliefs are acquired. Beliefs are learned - and unlearned. You need to start believing that you have what it takes. Because you do. Next time you have a self-limiting belief, say to yourself, "What if that was not true at all?" Start thinking about yourself differently. Once you do, your life will change. You will start doubling and tripling your income. You will learn new skills and take on new challenges. You will set bigger goals and start throwing your heart into achieving them. You will start taking charge of your life.

You need to believe that you are destined to be a big success in life - whatever that means to you. Start saying it to yourself, "I am destined to be a big success in life." Once you believe it, you will act as if everything that happens to you in life is part of a great plan to make you successful. That's what happened to me and it will happen to you too.

Even when I broke bones on the luge I believed that something good would come from it. I just believed it was part of the plan. I believed that anything that didn't kill me would make me stronger. You need to believe that way too. Every time I had a setback I looked for the lesson hidden within it. I set it up in my mind that no matter what happened, I would win. That helped me from getting discouraged along the way. When you start thinking like that, nothing can stop you.

Make it a priority to manage your thoughts and people will be amazed at what you accomplish.

Put it into action:

Take control of your beliefs. You have greatness within you. Don't settle for second best. Become an inverse paranoid. A paranoid person believes that the world is conspiring to hurt them. An inverse paranoid believes that the whole world is conspiring to help them. Inverse paranoids understand that whenever one door closes, God will open a bigger, better door.

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