

## THE 3 MOST COMMON LIMITING BELIEFS ABOUT IDENTITY THAT KEEP GIRLS AND WOMEN FROM REACHING THEIR POTENTIAL

Our limiting beliefs keep us playing small in all areas of our life. When something happens in our life, we make meaning of it, and this meaning then shapes our decisions and our thoughts about our potential and our self-worth. As parents, your child looks to you for guidance and watches what you say and do. How are you showing up for your child?

### STEP 1: IDENTIFY THE LIMITING BELIEF

Dr. Claire Zammit is a transformational teacher and leader who, for two decades, has been empowering conscious women to actualize their potential and realize their destiny. Between 2005 and 2008, Claire worked with her private coaching clients and her first groups of women, taking them through her Awakening Feminine Power Process. From this work, she uncovered common thinking patterns that later went on to form the basis of her Feminine Power Transformation Matrix. The three most common limiting beliefs that Claire identified in this Matrix are listed in the table below. Which one resonates with you? You may find that there are elements of each that speak to you. Choose the belief that *most* resonates with you in order to create your Power Statement in Step 2.

	<b>I'M INVISIBLE</b>	<b>I'M NOT ENOUGH</b>	<b>I'M ALONE</b>
<b>How does your limiting belief show up in your life?</b>	<ul style="list-style-type: none"> <li>- You feel disconnected from your own thoughts and feelings and you do not express them in your relationships.</li> <li>- Your attention is often on everyone else's needs.</li> </ul>	<ul style="list-style-type: none"> <li>- You feel unsatisfied because you are self-sacrificing and focused on people pleasing</li> <li>- You rely on external standards of success and perfection (e.g. what the media tells you is beautiful and sexy)</li> </ul>	<ul style="list-style-type: none"> <li>- You feel a deep sense of sadness because you've given up hope of being connected to others</li> <li>- You rarely ask for help, and when you do ask, you tend to alienate people (by complaining, demanding, whining, etc.)</li> </ul>
<b>How does your limiting belief affect others?</b>	<ul style="list-style-type: none"> <li>- People are unaware of your feelings and desires, and they disregard you.</li> <li>- People feel important and seen around you and do not like it when you suddenly express your own feelings and desires.</li> <li>- People feel abandoned when you pull your attention away from them or you disappear.</li> </ul>	<ul style="list-style-type: none"> <li>- Others feel entitled to have you do more and get less</li> <li>- Others feel that no matter how much they love and support you, it's never enough for you</li> <li>- Others feel frustrated when you take on more than you can deliver and then let them down</li> </ul>	<ul style="list-style-type: none"> <li>- People assume you do not need anything from them because you appear to have taken care of everything</li> <li>- Others find you unapproachable</li> <li>- Others stop inviting you to events because of you are often unavailable</li> </ul>



<b>Sample statements deriving from your limiting belief</b>	<ul style="list-style-type: none"> <li>- “Others don’t care about me.”</li> <li>- “Others are selfish.”</li> <li>- “The world doesn’t need what I have to offer.”</li> </ul>	<ul style="list-style-type: none"> <li>- “Others don’t value me.”</li> <li>- “Others want more from me than I can realistically give.”</li> <li>- “There is never enough.” (e.g. money, time, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>- “Other people always leave.”</li> <li>- “Other people don’t give me what I need from them.”</li> <li>- “Life is sad and lonely.”</li> </ul>
<b>True Identity</b>	“I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.”	“My very existence in and of itself provides extraordinary value and is a profound blessing to all.”	“I was not born to be alone. I came here to love and be loved and I have the power to create deep and meaningful connections with others.”

## STEP 2: CREATE A POWER STATEMENT TO ANCHOR IN YOUR TRUE IDENTITY

In order to begin breaking free from your limiting belief, you need to create a new belief that is founded in your True Identity. This new belief is represented by your Power Statement – a phrase that supports your desired new identity, reflects who you truly are, and creates new possibilities that will allow you to rise to your potential. This Power Statement is an affirmation or powerful mantra that will help guide you in your everyday life. You can create your own short Power Statement by borrowing from the phrase in the table above that reflects your True Identity.

*e.g. Power Statement for limiting belief “I’m invisible”:  
I’m a strong, confident woman who came here to be seen and to have a profound impact on the world.*

Repeat this statement to yourself each morning and throughout the day.

Remember this:

**Our thoughts affect our beliefs; our beliefs affect our actions; and our actions create our life.**

