
Limiting beliefs

How to get out of your own way

Everything someone says is anchored in a belief. **Limiting beliefs** are **deeply held** beliefs about ourselves or others that are **counterproductive** to creativity and growth.

Limiting beliefs

- Are our internal assumptions and expectations
- Are often unstated / unconscious (i.e., implicit)
- Influence and inform people around us
- Hold us back from our own potential
- Can be **reframed** to be empowering

Some of Marion's limiting beliefs

| Belief | Reframed |
|--|--|
| I have to fill every gap myself. | I see opportunities where others don't, and can create space for people to grow. |
| I need to deeply understand the technology in order to be useful to my product team. | As long as I can follow the thread, my beginner's mind can offer a perspective that opens up possibilities for the team. |
| I have to be flexible and adapt because others don't and/or won't. | I can choose to model both flexibility and good boundaries. |
| I can't be successful without spending time in each office. | Building relationships is what's important, not where I am on the globe. |
| I'm too old for this job. | My experience is valuable. |

What do you **believe to be true** about yourself? Write it down.

What do you **believe to be true** about other people — particularly those who annoy or frustrate you? Write it down.

Then imagine that what you've written **isn't truth** (it might **feel** like it is). What might it look like from another angle?

Be kind. How can you restate the idea in a way that is **empowering** rather than discouraging?

Tips

Start with other people. It's often hardest to be kind to ourselves.

If you get stuck, ask a trusted colleague or friend: do you see this? (Sometimes the world in our own heads is very different than the world outside it.)

If they see that your (unkind) words How would they reframe your belief to be more productive?