



Limiting Beliefs vs. Reality

A simple assessment tool for expunging unreal beliefs and growing real.

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Oh, hi there.

What is this?

This is a simple tool to help you assess your beliefs about yourself, the world, and reality.

It's designed to show you where you might have some blind spots that might be holding you back from taking the kind of action you need to take and living the kind of REAL life you want to live.

What will you gain from spending time doing this?

Most of us are way more capable of achieving things that we have been conditioned to believe (and then hypnotised ourselves into believing even further).

Unfortunately, we often spend a lot of time acting on the THOUGHTS & BELIEFS that arise because of an unreal relationship we've developed with ourselves.

This is why the 'mind set' stuff is so important: our relationship with ourselves affects our thoughts and beliefs about what's possible, these thoughts and beliefs affect the CHOICES we make, and the choices we make affect the quality of our lives.

By doing this simple exercise you will start to see that many of the limitations you perceive are not real. This will allow you to start pushing through to the next level.

Okay, sounds cool. What do I need to do?

Great. It's pretty simple but will take a little time to sit and reflect:

1) The first step is to think about where you're currently trying to get to or what you're trying to achieve at present. This needs to be a specific goal.

Examples: Get a new job, write a book, start making videos, learn a new skill, find a relationship, start a new business, etc. (it can be anything).

2) The second step is make a list of all the things that are holding you back- you need to categorise these obstacles at three levels: Self, World, and Reality.

Self = how you're holding yourself back

World = how other people/society might be holding you back

Reality = how what you're trying to do goes against the fundamental principles of life

For example, maybe your goal is that you're trying to write a book:

Self = "I'm too lazy", "I lack motivation", "I have nothing to say", "People like me aren't supposed to write books" etc.

World = "People don't care what I think", "My teacher in school said I'm stupid", "There's too much competition", etc.

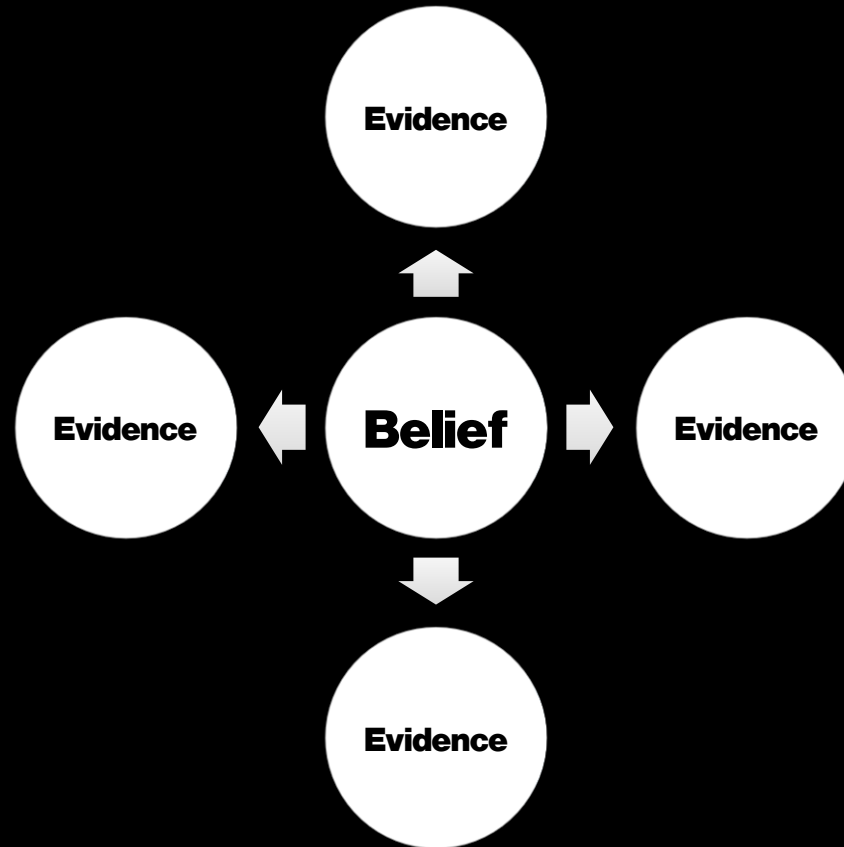
Reality = "There's not enough time to write a book", "That much work is impossible", etc.

Don't hold back. Come up with as many reasons as possible:

What's holding you back from reaching your goal?

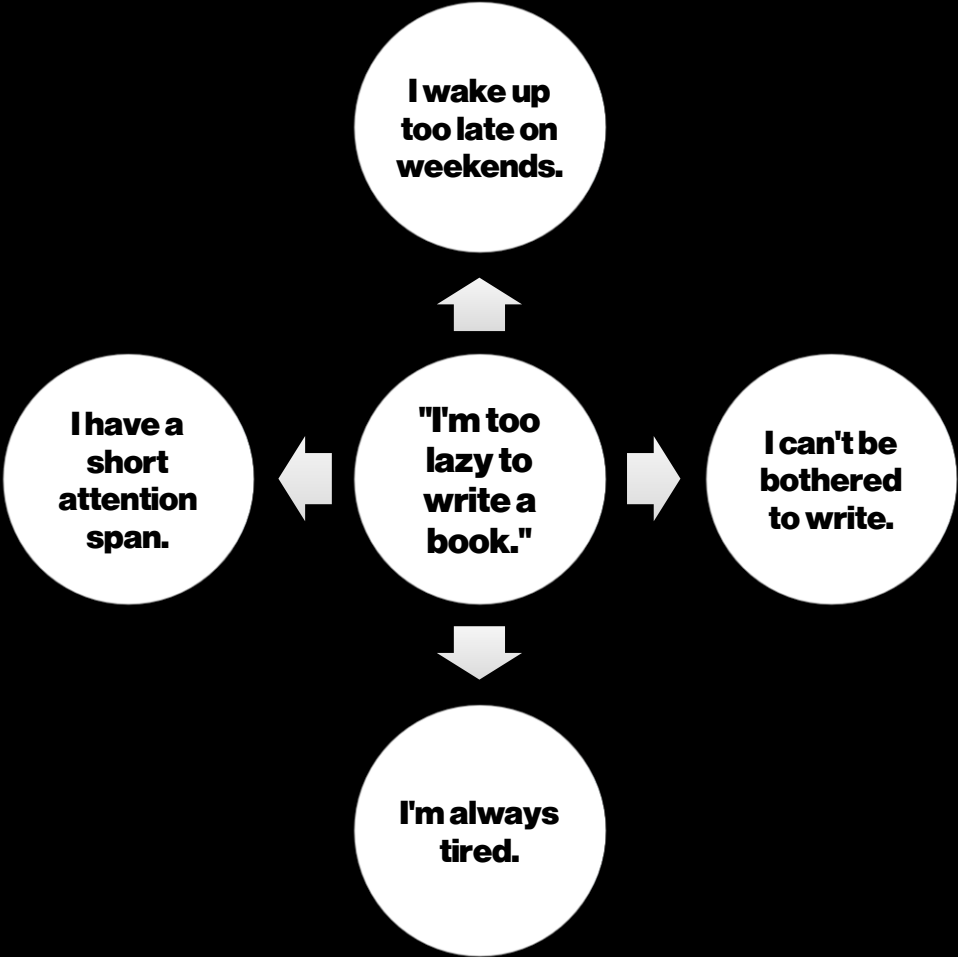
Once you've done that move onto the next step.

Test the Evidence

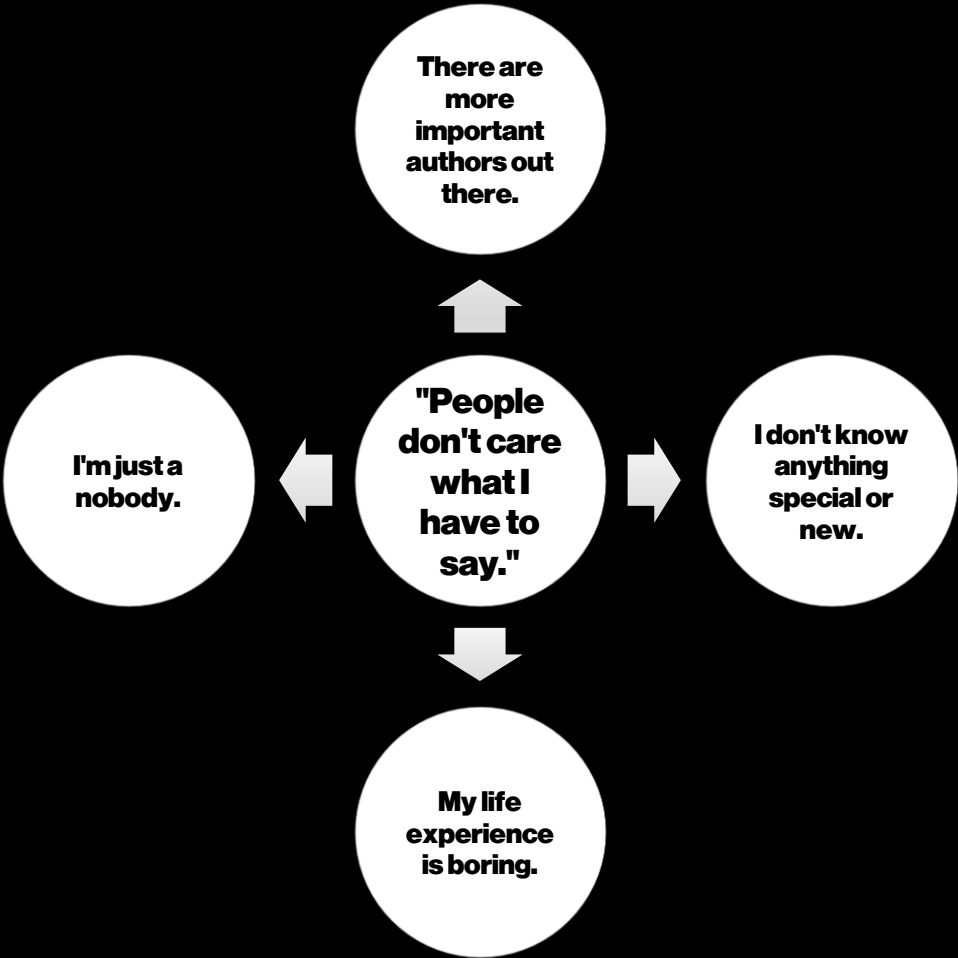


The next step is to test the evidence behind these beliefs. This just means: 1) Giving your reasons for believing this, and then 2) Questioning those reasons.

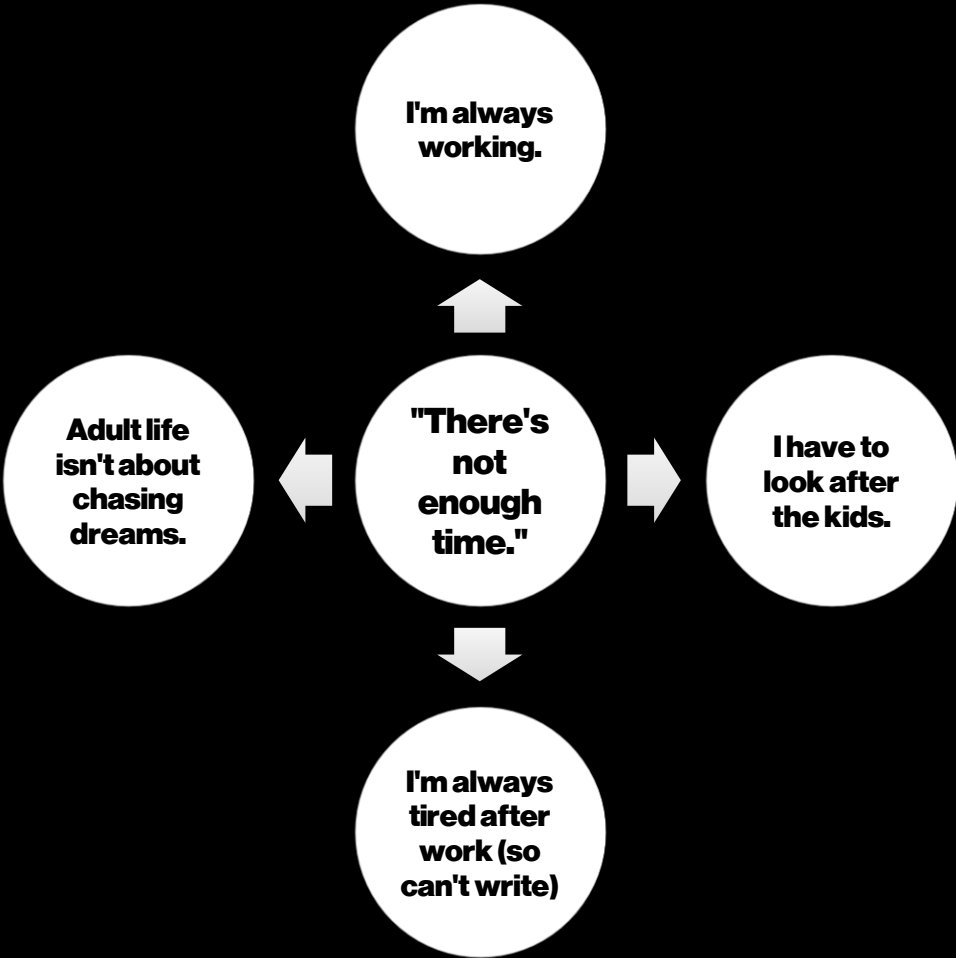
For example ("Self"):



For example ('World'):



For example ('Reality'):



**Final step: Ask yourself these
two questions about your
'evidence' for these beliefs:**

1. How do I know this belief is true?

If you look into most of these supporting beliefs about what's holding you back you'll see that there is NO evidence (it's just something that exists in your head).

For example, the belief that "I'm always working" is definitely not true (nobody works 24/7).

That means it's not a real obstacle – you just haven't got your priorities straight (or you don't want to write a book as much as your ego thinks you do).

2. What can I do about it?

If you can DO something about it, then your belief is unreal and your real problem is just a lack of ACTION.

For example, maybe you are tired after work but you can write in the morning or have a lunch with less carbs (or whatever). Maybe you do have to look after the kids but you can put a movie on to distract them whilst you write.

Maybe some of those things that you think are more important than your dreams actually can take a backseat from time-to-time.

Short-version: Focus on the solutions, not just your thoughts about the problems. If you can change things then whatever is holding you back only exists in your head; if you can't change things then all you can do is accept (which means you don't have a problem).

Your final task is to stop treating the unreal as real and to ACT on the things you know you can do.

COACHING FOR REALNESS

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