



Nick Bishop Solutions

Limiting Beliefs

Far too often, we can sometimes allow life to pass us by, and in doing so, we miss out on countless opportunities. One of the most common reasons for this are the “Limiting Beliefs” that many people have.

- ❖ A self-limiting belief is a label we apply to ourselves...“I could never do that”.
- ❖ Self-limiting beliefs prevent us from achieving even just a small part of our potential.

One of the factors that create our limiting beliefs comes from our “conditioning”. Conditioning can be considered a behavioural process whereby a response becomes more frequent or more predictable in a given environment as a result of reinforcement of perceived beliefs (irrespective of how real or true these beliefs may be). In essence, we behave to stereotype based on a given set of circumstances.

I have not failed. I've just found 10,000 ways that won't work.

Thomas A. Edison

If Edison had limiting beliefs, it's quite possible that we would still be reading by candle light!

Prior to Sir Roger Bannister breaking the 4-minute mile in 1954, some doctors and scientists said it was physically impossible to run a mile in less than four minutes. Not just hard, or dangerous, but impossible...Once the seemingly impossible had been achieved, more and more people broke through the four-minute mark once they realized that yes, it was possible.

So, is it ordinary people doing extraordinary things? And if so, what makes them different?

How can each of us do things that at some stage we considered impossible?

How do we stretch our horizons and kick “limiting beliefs” into touch?

And can we learn how to create goals that motivate us in such a way that we banish limiting beliefs and go to new lengths in the achievement of them?

There are ways but you need to understand the techniques necessary...Similarly to meet and learn from others that have done extraordinary things.

“However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary, perhaps until then...even thought impossible.”

Sir Roger Bannister