



# LIMITING BELIEFS.

## WHAT IS HOLDING YOU BACK?

Below are examples of limiting beliefs. Check ones that apply to you, or write in your own.

1. I'm not good at follow through
2. I'm not an expert
3. Nobody cares what I have to say
4. I'm not perfect
5. I didn't work hard enough
6. I'm not worth it
7. I don't deserve it
8. I don't have time
9. My family isn't entrepreneurial
10. People will judge me
11. Now is not the time
12. I'm not creative
13. I'm a procrastinator
14. I'll sound stupid
15. Somebody has thought of this before
16. Other people can do it better
17. Nobody is interested in my ideas
18. My kids and/or spouse is holding me back
19. If i succeed, I won't be able to sustain it
20. I didn't do well in school
21. I'll never be good enough
22. People who have something to sell are evil
23. Nobody would want what I have to offer
24. I don't know enough
25. I'm too old
26. I'm too young
27. I'm not a [numbers, business] person
28. I won't succeed so there's no point to try
29. Successful people are out of my league
30. I'm good at starting projects but not finishing

NOTES