



TODAY I REFLECT ON MY LIMITED BELIEFS

DAY.13

The outer world,
is a reflection of our inner world.

The past days, we have practised being grateful for and compassionate towards ourselves and others. For some, this can be a true struggle.

Negative thoughts pop up and we find ourselves stuck in our seemingly static beliefs & patterns. Our beliefs are reflected in our lives and our choices. **We see the world not as it is, but as we (unconsciously) programmed ourselves to believe it is.**

For example, when I have the limiting belief 'I am not good enough', I continuously, unconsciously search for evidence in salutations and people around me to confirm my belief.

We came in this world fearless, full of curiosity and trust, and during childhood, we formed our belief system. Positive and negative. These beliefs became our identity.

Our beliefs form the subconscious mind, which is responsible for 95% of our thoughts. The subconscious mind defines us.

We are only aware of the 5% of our thoughts. So how do we change these beliefs? If we just observe our current lives and the areas we struggle, we can understand & accept the beliefs that are limiting us. Zooming out & taking an eagle-perspective helps us to disconnect from the fanaticism around an belief. Enabling us to observe it with a beginners mind's curiosity, and without judgement.

Just learning and accepting. This exploration is the first step towards healing and freedom.

DAY.13

Phrase of the day: 'Today I reflect on my limiting beliefs'.

Please also write this phrase in your journal.

Anything that is not working perfectly in your life, hides a limiting belief underneath.

PRACTICE: Fill in the 'Judge your neighbour worksheet' anytime you have 30 minutes of uninterrupted time. Use it for a person that represent the most struggling areas of your life. (Relationships. career, family, etc)

Good luck!