

Ep. 46 - When Limiting Beliefs About Time and Capability Keep You Stuck Transcript

[00:00:00] Hey everybody. Welcome back for another episode. I'm your host, coach, Emily. B. I'm wondering today, have you ever noticed two people, maybe you're one of them. In fact, make yourself one of these two people. You and someone else you know, can wake up into the exact same 24 hours and one of you can build something meaningful and get your rest during the day and make sure you drink water and use the bathroom and move your body.

The other can almost feel behind the day before it even begins. You have the same hours, but a totally different experience. Can you think of someone else who lives life very differently than you do? Why do you think that is? Most of us might settle to believe, well, that's just the hand we were dealt, or that's just how it is.

But I want you to know two people can wake up into the same day and have [00:01:00] extremely different results because of what they believe is available to them. So today we're talking about limiting beliefs, especially those sneaky ones around time. What you do have time for, what you don't have time for, what you're too busy for, and the beliefs around whether you are capable of change.

If you go around all day telling yourself that's not possible for you, or you don't have time, or you tried that once, remember then this episode, absolutely 100% is for you. Let's get into it.

So what is a limiting belief? I, I really believe we start to believe it's just something we think it's just how it is. It's almost like that is the way of the world, and I don't have a way to change that. We see it without the word limiting. It's just what is. But I want you to know a limiting belief is

A sentence essentially that runs through your mind, that feels very true and it [00:03:00] feels so permanent. Like it's just always been there. Like you didn't even think it on your own. It just was, it was just there for you to discover. And so, oh, that must mean that's true about me. It feels descriptive, but it's actually a thought that you have practiced.

Over and over and over, and now it's something that you believe, but it's a belief that is not a hundred percent true, and so it limits you from your 100% potential. Are you with me? So some of these beliefs, let me share them with you, and then maybe you'll think, oh, oh, oh. I do think that, or maybe you'll notice I've risen above.

I've risen past that thinking, and now it sounds totally different. So here are some examples of limiting beliefs. I don't have time. I mean, this might be right up [00:04:00] there with number one. I'm not disciplined or I have no willpower. I've always been this way. I can't follow through. I start things, but never finish.

Other people can do this, but not me. These, these thoughts, you all, they don't even sound mean. They sound reasonable. They almost sound like you're trying to just let yourself know, Hey, stop putting yourself out there. This isn't for you, and that's why they run your life. They almost start to feel like a sense of safety.

So I want us to look at those beliefs and not spend so much time in figuring out why they're there, but figuring out are they serving a purpose or could you uplevel them? One of the

classes I teach inside of our mastermind, we specifically [00:05:00] look at our morning thinking because our thoughts matter so much.

You all, we organize our behavior around them. We do, we act based on how we feel and what we think, right? So if you believe you don't have time, you stop looking for it. If you believe you aren't capable, you stop attempting growth. And if you believe change is hard, you brace yourself and you try to avoid it, instead of allowing yourself to begin with one step.

So a belief in a sense, it becomes a filter for your life. And you only see evidence that it's true, right? You're, if you don't push your own beliefs, you're not going to see that what you're believing isn't the most true thing you could believe. So here's where, okay, there's a couple areas. One is with [00:06:00] time, and the other is with capability.

So some limiting beliefs about time. If you're telling yourself any of these beliefs, I would love for you to stop asking where is the time? And start asking yourself what matters enough to me that I'm willing to create time for it? Create space in my day for it? Where am I automatically giving my time?

Right. Like, let's not be the people who are saying There's never enough time. My schedule is too full. I'll start when things calm down. I don't have time for myself. I cannot add one more thing. What happens, even as you just listen to that, what I just said, what happens in your body? What happens in your, with your morale, with your, your thinking about your capability and your potential?

It's almost like those thoughts are so conclusive. They [00:07:00] leave no room for curiosity, no room for negotiation. Time becomes something that's happening to you. That's not what's going on though. You all, you are participating in time, so. How do you wanna show up? How do you wanna think about this opportunity?

And I know right there, I'm telling you my thoughts about it. It's an opportunity, is what I think. What do you wanna be using your time for and what would you believe need to believe in order to do that? Or what is the thinking that comes to you that says, mm-hmm I wouldn't if I were you. Do you, is there any part of you that wants to look at that thought and say, why not?

Why do you keep presenting yourself?

That leads to capability. So many of us keep us out of our, keep ourselves out of our own lives [00:08:00] because of what we think is capable for us or not. These are the beliefs that really, they hurt. They hurt your ego. They hurt your inner self. Your integrity, your self trust, your worth. I'm not consistent. I'm bad at routines.

I'm not confident enough. I'm too emotional. I'm too big. I'm never loud enough. I always mess it up. I never say the right thing. These beliefs. They invite a natural hesitation in us before we even try like we. And even if you decide to try, you go into the effort almost feeling defeated already, like you just know you're not gonna be good at this.

Imagine learning to cook, for example, while repeating to yourself, I'm terrible at cooking. When you're doing [00:09:00] that, your brain looks for proof and it will find it. Yep. Look at

that. You didn't slice that the way they did on tv. Look at that. You burnt that a little bit. That didn't cook all the way through.

You're gonna find everything that makes you terrible at cooking. If you went into learning to cook while repeating, I'm learning something new. Your brain is then gonna look for proof of that. So at the same time you could think I'm terrible at this and it can also be true. I'm learning something new.

Telling yourself you're learning something new, offers permission, you get to get it wrong. You get to figure things out, you get to try again. What I want you to hear is these beliefs, they are familiar, but they are practice. They are the easy road to take. Even though they can lead you to discomfort because you're not changing and we're meant to [00:10:00] evolve, they still seem like the right thing to do.

The the natural thing, this is just who I am. The only reason that feels that way is because your brain categorizes those. Those beliefs as efficient and predictable. Why? Because they're already memorized. So that this is where we can keep ourself in our own misery because we think, well, it, I, at least I know how to be here.

Yeah, I'd like to try something new, but that's not possible for me. And the misery that that instantly invites to my body and my mind, I am used to sitting with that. That misery right there, you all that is uncomfortable is all get out and doesn't move us forward is the reason we turn to buffering.

We're scrolling. We're on Netflix, we're overeating, we're overshopping because we want discomfort that that leads us forward. Not the [00:11:00] same old, same old. And to do that, we've gotta get into looking at our beliefs. Those are not just there because they're there. They're not there because that's just what is, they're there because you somehow picked it up and practiced it, and that to me, those beliefs, the cost of believing them is too high.

It's way too high. When we run our life through limiting beliefs, we delay dreams, we postpone taking care of ourselves because. We've even now gotten good at convincing ourselves that we really mean it. We will do it on Monday, because Monday we'll have more time. That constant delay comes with a cost of where's the joy, where's the joy?

We're on this perpetual hamster wheel, and we can never reach the finish. And so then we make up this story that says, you know what? Growth and change that is hard. [00:12:00] No, it's not. Staying the same is hard. You end up living inside a story that someone else has handed to you when you could be creating a new one, but you've gotta be willing to revisit the story you are operating through.

Is it true for me? Even if it was true once, is it still true now? And here's where this gets challenging. Shame comes in. Why didn't I know that? How didn't I see that? This could have been a lot better sooner. I could be feeling a lot lighter in my own skin, in my own beliefs. Yes. But again, let's think forward.

Let's look for, okay, now that I know why my circumstance is my circumstance, and now that I know it's not just because this is what is, it's the belief that I need to be looking at. So. Is this belief something that's helping me build the life that I want? Is it [00:13:00] useful? Right? Even if we don't even have to agree that it's true or not true?

Is it useful? Is it useful to think I'm not a morning person? Is it useful to think that's not for me? Is it useful to think I'm terrible at routines? If it is, keep thinking it. But if it's not, be willing to tell yourself this is a choice. I am choosing the same misery with the same thought error. It's a thought error because it's not true for you.

So try adding one word. Learning. I'm learning to make time for myself. I'm learning consistency. I'm learning to trust myself. I'm learning to get rest. I'm learning to begin again and feel the difference. For me right away, the idea of my potential, my capability, it opens up and I'm able to get into action.

I'm asked a lot. I don't know how you do so much, so fast because [00:14:00] there's capability all over the place, in my opinion. Why I don't, it's not that I think I know everything. It's that I know I can figure things out and if I can't, I can figure out who can and invite them to the scene. And that doesn't mean I get to avoid discomfort.

It's absolutely uncomfortable to be active in your learning and feel it and see what you know and what you don't know, but oh, on the other side of figuring something out, it just unlocks this whole untouched potential. So I would love for you all to try this if, if this caught your attention at all. If you have any whisper of a belief that maybe she's onto something, maybe she's not just telling us something to, to talk.

Maybe she's telling us because she thinks this could impact us too. Yeah, I [00:15:00] do. I do. So try taking an old belief like I don't have time to walk and flip it a little bit. Add learning to it. I'm learning how to include walking in my day. Now the brain looks for, okay, where's the doorway to walking here? How can we fit this in the day?

Instead of saying, you don't have time. Okay, got it. Right? Like, it let's not be so conclusive. I love this type of work when it comes to coaching because, what you discover here is that you don't need more motivation. You just need new beliefs about what is possible for you, and you get to rewrite what you're living by and, and the membership, I'm calling that the manual. The manual you live by? Rewrite it

if it's not serving you, if it's not helpful. Even if it's true. Rewrite it for something that's also true, but [00:16:00] helpful. And if I just completely rocked your world and you're thinking, whoa, maybe I am capable of something, first of all, yes you are, but here's some questions you could ask yourself or write about.

What do I repeatedly tell myself I can't do? Where did I learn that? Is it supporting the version of me that I wanna become? Who might I be without it? Let your own brain take it from there. Once you start writing or once you start answering these questions in your own mind, what do you wanna know next?

What questions come to mind? Does any type of excitement start to generate for you? If so, that is you to you saying. We can do more. Let's go for it. Let's go for it. Alright, you all, as you go out and go for it, I wanna thank you for pausing long enough to be here with me to listen. [00:17:00] If you liked what you heard, I would really appreciate a share, a review, send it to a friend.

I really appreciate it. A closing quote for you as you go on about your day. You are not behind. And practices can change one thought at a time. I'll see you next time.