# 3 Ways To Challenge Your Limiting Beliefs

Limiting beliefs, such as “I’m not good enough,” for example, can hold you back from growing as a person. It’s, unfortunately, easy to feel like you’re drowning in your limiting beliefs. To make matters worse, most people acquire their limiting beliefs from other people (i.e. bullies who told them they weren’t “good enough” or “smart enough” at one time or another).

People who are totally bogged down by their limiting beliefs will often adopt a fixed mindset. Those with a fixed mindset don’t believe that they can change anything about themselves, or the world. Most of the time, they won’t be able to take constructive criticism, and believe that they are always right.

Admittedly, when it comes to having a fixed mindset or a growth mindset, most people find themselves somewhere in the middle. This isn’t a bad thing — but if you want to work on building your growth mindset, there are a few things you’ll have to do. One of the most important steps is to challenge your limiting beliefs. Let’s talk about how you can do exactly this below.

## Take Responsibility

The main reason people don't reach their goals is because they don't take responsibility for their lives. Instead of thinking they can control their own destiny, they believe things just happen to them. This is called an "external locus of control," and it limits them. To overcome this, you need to develop an "internal locus of control," meaning you believe life happens *for* you, not *to* you. Your actions ultimately shape your destiny in life.

## Change Your Negative Self-Talk Into Positive Self-Talk

Limiting beliefs can hide in your subconscious, but most often, it's negative self-talk that tells you why you can't, don't want to, or shouldn't do something. This self-talk happens a lot, and the more we say something to ourselves, the more we believe it. People have thousands of thoughts each day, and even a small number of those involving limiting beliefs can create a constant negative story in your mind.

## Embrace Uncertainty

Certainty can crush dreams, and limiting beliefs often go hand in hand with it. Instead of focusing on what you think you’ll never be able to do, aim high. Consider this perspective: When you're old, looking back on your life, what will you regret the most? That's a powerful reason to push past your limiting beliefs.