# 5 Examples Of Famous People And How They Faced Limiting Beliefs

In this presentation, I’ll be talking about 5 famous people who faced limiting beliefs. The important thing to remember is, that these famous people didn’t let their limiting beliefs stop them from achieving their dreams and finding great success.

A limiting belief is basically like a mindset or thought that you see as absolute truth. As the term suggests, it “limits” you, or holds you back from achieving your goals and living your life to the fullest. It's not just about how you see yourself — it’s also about how you think the world works, your ideas, and how you deal with people.

To give you some context, thinking "I'm not good enough" or "I'll never be successful, so maybe I should just give up now" are examples of limiting beliefs. These types of thoughts can prevent you from growing personally and may even stop you from reaching your full potential in several areas of your life.

Without further ado, let’s get into our list of famous people who overcame limiting beliefs, shall we?

### Oprah Winfrey

Oprah Winfrey, a media mogul and philanthropist, has never shied away from talking about her struggles with not feeling “good enough” and having low self-esteem. Despite dealing with these mental blocks, she went against what society expected and became one of the most well-known people in the media industry. Oprah's story is all about resilience and believing in yourself. She proved that she could overcome her inner struggles and find success, which is just one reason why she has inspired millions of people.

### J.K. Rowling

J.K. Rowling, the famous author of the *Harry Potter* series, has also been pretty upfront about her struggles with feeling inferior and struggling with self-doubt. She was told “no” hundreds of times before a publisher finally accepted her first book, and as we know, this led to her becoming incredibly successful. Her story is a powerful example of how staying determined can help you achieve your goals. It shows that even when you’re dealing with self-doubt, you can still make a lasting impact — on others, yourself, and the world.

### Maya Angelou

Maya Angelou, a poet and civil rights activist, wrote and talked openly about not feeling “good enough” due to the trauma she went through and the adversity she faced. Even while coping with her past trauma, Angelou continued to write (often using her writing as an outlet for expressing herself), and went on to become a source of inspiration for many people. Her story shows that no matter what you’re dealing with, you can do anything you set your heart and mind to.

### Thomas Edison

When Thomas Edison was in school, he was labeled as “mentally weak” by his teachers, but he didn't let that stop him. Instead, he defied the odds and went on to become one of the greatest inventors of all time. As you may or may not know, he eventually invented the light bulb, which changed lives. His story shows that as long as you’re able to believe in yourself, the negative perceptions that other people may have of you don’t matter.

### Colonel Harland Sanders

Colonel Harland Sanders heard "no" a whopping 1009 times before someone finally said "yes." With not much to work with, he went door to door in neighborhoods and approached restaurants, trying to find someone to partner with for his chicken recipe. Even when people weren't interested at first, Sanders didn't give up. He traveled around, cooked his fried chicken for restaurant owners, and didn't stop until he got handshake agreements. All that persistence paid off, and KFC became a global success.

And there you have it! These 5 famous people overcame their limiting beliefs in order to reach their goals, and you can, too.