

50 examples of self-limiting beliefs

Personal Development

1. "I'm not smart enough to succeed."
2. "I'm too old to learn something new."
3. "I don't have enough talent."
4. "I'm not creative."
5. "I'll always be this way."
6. "I can't handle failure."
7. "I'm not capable of making good decisions."
8. "I'm not disciplined enough."
9. "I'm not meant to do big things."
10. "If I try, I'll just embarrass myself."

Professional: Career and Work

11. "I don't have enough experience to get that job."
12. "I'm not qualified for a leadership role."
13. "I'm not good at public speaking."
14. "I'll never get promoted."
15. "I can't start my own business."
16. "I'm not good at networking."
17. "It's impossible to make a living doing what I love."
18. "I'm not as skilled as my colleagues."
19. "I have to work hard without complaining, even if I hate my job."
20. "People like me don't succeed in this industry."

Relationships

21. "I don't deserve to be loved."
22. "I'm too broken for a healthy relationship."
23. "I'll always be alone."
24. "I'm bad at making friends."
25. "I have to make everyone happy to be liked."
26. "I'm not attractive enough for a partner."
27. "I'm not worthy of respect in a relationship."
28. "If I set boundaries, people will leave me."
29. "I can't trust anyone because they'll betray me."
30. "I'm not good at communicating with others."

Physical: Health and Fitness

31. "I'll never lose weight."
32. "I'm just not athletic."
33. "I don't have the willpower to stick to a healthy lifestyle."
34. "I'll always have these health issues."

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- 35. "I'm too tired to exercise."
- 36. "I can't afford to be healthy."
- 37. "I don't have time to focus on my health."
- 38. "I'm too old to get in shape."
- 39. "I'm not disciplined enough to eat better."
- 40. "Healthy living is too hard for me."

Finances

- 41. "I'll always be poor."
- 42. "I'm bad at managing money."
- 43. "I'll never make enough to live comfortably."
- 44. "Rich people are greedy; I don't want to be like them."
- 45. "I don't deserve to be wealthy."
- 46. "I'm not good at saving money."
- 47. "I'm not smart enough to invest."
- 48. "I'll never get out of debt."
- 49. "Money is the root of all evil."
- 50. "I can't earn more because I don't have a degree."