



The Burnout Solution

Beliefs

Limiting self-beliefs may start when we are young, but they can be imposed by others or by ourselves at any stage of our lives. Parents, teachers, siblings, other family members, spouses, work colleagues and bosses can all challenge our self-beliefs by either reinforcing our own negative beliefs or creating new ones.

Thoughts like these can get in the way of you thinking clearly, can hinder self-care and contribute to burnout. It's self-imposed thoughts, *your* thoughts, that can keep you from making changes. So, your limiting self-beliefs can be responsible for keeping you in a state of negativity and hold you back from taking charge of your life.

What Are Your Current Beliefs?

Beliefs	Why do you think this way?
I must ...	
I mustn't ...	
I should ...	
I shouldn't ...	
I can ...	
I can't ...	

Having looked at some of your current beliefs, why you think this way about them and how they might be limiting self-beliefs rather than positive self-beliefs, use the following table to list your current limiting self-beliefs and see how you could reframe them.



Existing Relationship Beliefs	New Relationship Beliefs
Existing Work Beliefs	New Work Beliefs
Existing Money Beliefs	New Money Beliefs
Existing Health Beliefs	New Health Beliefs

We all have limiting self-beliefs. Your best friend would probably laugh at you if you told them yours! Separate your self-beliefs into different categories and challenge them. Create new beliefs. Repeat!