



*Strategies for
Overcoming
Limiting
Beliefs at Work*



SUZANNE MCCOLL · Connecticut | New York | Florida
203.804.9448 · smccollllc@gmail.com · www.suzanmccollllc.com

Strategies for Overcoming Limiting Beliefs at Work

These strategies should be practiced while in a private calm environment to allow the more positive neural pathways to develop. Once practiced, they can be used just prior to and/or during challenges at work, as an ongoing internal dialogue or awareness of the positive state of mind that is tapped in to. The more frequently you use them, the stronger and more effective they get.

1 *Driving with Your Inner Child*

1. Close your eyes and listen to your insecure voice that comes up when you are thinking about a challenge at work.
2. Ask yourself how old that voice is, picture yourself that age.
3. See that "part of you" in the back seat of a car. Your confident adult self is driving, see yourself telling that younger self, "I've got this, I'm in charge, I know what I'm doing, I can handle whatever comes our way." Tapping slowly right, left, right, left on legs or shoulders.

2 *Forming a Support Circle*

1. Close your eyes, notice your breath, allow yourself to get quiet.
2. In your mind, see 2-4 people who you know are supportive of you and your goals.
3. Take a minute and imagine each one of them telling/showing you that they believe in you, each in their own way. Tap 6-8 times left, right, left, right, slowly on legs/arms while imagining.
4. See them all surrounding you, notice how this feels, where in your body, and give it a word that represents how this makes you feel about your abilities. Tap 6-8 times left, right, left, right, slowly on legs/arms while imagining.
5. See yourself in your career and imagine them all with you. Notice how it feels completing a task or engaging in an event. While imagining this hug yourself, take a deep breath and feel this good feeling in your body.

3 *Positive Affirmations and Butterfly hug*

Butterfly Hug: hug yourself, and gently squeeze 6-8 times left, right, left, right for greater effect. Notice positive sensations in your body.

Positive Affirmations:

- "I can do it"
- "I've got this"
- "I'm capable and worthy of success"
- "I have success everyday"
- Make up more of your own! They should be worded as if it is already happening.

