

Releasing Unconscious Limitations

In the second part of exploring limitations, we're identifying patterns, connecting the dots, and learning to identify the root cause of a problem.

If unattended, limitations can:

- Cause Non-Aligned Action: we act in ways that are incongruent with our values and who we want to be, creating conflict, discomfort, and further feelings of failure
- Stops us from doing things: they undermine our confidence and stop us from working towards our BBB (Big, Bold, Beautiful) Dreams, preventing us from taking courageous steps forward!
- Makes us feel bad (simply put!) and we know from the research that true habit change only happens when we feel good – we need to find ways to reframe our limitations in a positive way.

On the next page, you will find a variety of resources to help you reveal, release and reframe limitations, whether it's a limiting BELIEF statement, an uncomfortable EMOTION, or a lurking FEAR.

Other Releasing Resources

- Listen to the [Limitation Release Journalling Coaching Process here.](#)
- [Live Awake Fear Unmasked by Sarah Blondin](#)
- [Live Awake Learning to Surrender by Sarah Blondin](#)
- [I am enough Hypnosis by The Mindful Movement](#)
- [Build Self Worth by The Mindful Movement](#)
- [Completing the Stress Cycle](#)