

5 Simple Steps to Conquer Doubt, Fear and Limiting Beliefs



When you set your intentions to manifest a goal, it's really important to recognize when doubt, fear and limiting beliefs crop up because that means there's a misalignment between your thoughts and feelings, and the Universe hears what you FEEL, not what you say.

That's why, even though you're consciously focusing your thoughts on your goals and using affirmations and doing all the things you think you should to ensure that you get your outcome, it still doesn't show up. This leads to frustration which lowers your vibrational frequency, makes you feel even worse and so you end up on a downward spiral.

How do you do recognize that misalignment?

Tune into those feelings of doubt, anxiety or downright fear.

Your mind tells you what you think, your body tells you how you feel.

You might be thinking positive thoughts but if you feel uneasy, uncomfortable or literally “dread-ful”, it means your subconscious is out of alignment and you have some core issues to deal with that are contradicting those thoughts.

In the words of the 60’s hippies “That’s some *heavy s&#t* man!” It *is* heavy because it *feels* heavy.

When you discover you have a core issue associated with your intention, there’s a tendency to beat yourself up about the fact that you’ve still got stuff to deal with and to feel as though you’re never going to get the things you want.

That just makes matters worse and gets you deeper into heaviness, negative energy and low vibrational frequency.

Let me assure you that we *all* have issues and we’re here on this planet for the purpose of learning and growing; recognizing and addressing our issues is part of the process.

Even people who appear to have a perfect life (looking from the outside) have their own issues. It’s part of being human. When you see someone who appears to be successful in ways that you’re not, it just means that they have different issues. So it doesn’t mean you’re lacking in some way or failing, it’s just part of your journey.

Step 1 Identify the issue

What is it that you’re feeling?

Here are some examples of the common blocks that stop people from manifesting their goals.

Doubts :

- I can't do it
- It's never going to happen
- Wondering if you're doing the right thing
- Worrying about how to achieve your goal
- Lacking confidence in your ability to achieve it

Fears :

- Fear of criticism
- Fear of failure
- Fear of rejection
- Fear of success
- Fear of rejection
- Fear of making a mistake
- Fear of doing the wrong thing
- Fear of attention

Limiting Beliefs

- I'm not good enough
- I'm stupid/not clever enough
- There's not enough to go around (scarcity)
- It's impossible
- I'm hopeless at...
- I'm unworthy/don't deserve it
- I'm not lovable
- I'm too old
- I'm too young
- No-one will hire me
- No-one will buy from me
- Nothing works for me
- I'm not qualified

These are just examples of common issues. If you can't relate to any of these, just take some quiet time to focus inwardly and let the answer come to you. The answer is inside.

Step 2 Let go of resistance

What you resist persists.

When you focus on the problem or issue, you feed it energy and so you continue to manifest it. The more you dwell on it, the more you confirm its existence and the more it manifests.

So how can you get yourself out of this cycle and clear the issue that's getting in your way?

Instead of feeling guilty, ashamed, embarrassed, angry, annoyed, stressed, worried or any other destructive emotion, begin by letting go of self-judgment, consciously relax and say to yourself:

"That's interesting, this feeling of (fill in the blanks) has come up (again). I'm really grateful that I'm aware of it because now I can deal with it and resolve it."

Step 3 Go to the source

Think back to when you've experienced this feeling before, and the situations that triggered it. Write the story of how, why and what made you feel this way in each situation.

By acknowledging its existence you're bringing it into the light for healing.

Just like a child who is afraid of the dark because of the fear of something imagined, once the light is turned on showing there's nothing there and the thing feared was an illusion; so it is with our fears, doubts and beliefs – by bringing them into the light of day we start to see that they're just imagined too.

Step 4 Rewrite your story

Use the Power of Neutrality to change your perception of the event. Everything is meaningless until we assign our interpretation to it. It's not good or bad, it just is.

So that means *you can choose* how you want to perceive the situations that affected you negatively and create a different story about yourself.

Let me give you an example...

When I was only four years old I was told off in front of the whole school by the head teacher because I had taken in books and toys to be sold at the school fete that had been crayoned or written on, so they were unsaleable. It was the most humiliating experience and devastating for me at such a young age to be told by someone in a position of authority that I was stupid.

This affected me my whole life until I was coached on how this situation could be interpreted differently. My coach saw a completely different story – one of a little girl who had taken responsibility, shown initiative and taken action to complete a request from school – a demonstration of leadership and entrepreneurial qualities. It was not my fault that the head teacher had failed to see this.

Recognizing the truth in this different story lifted a load that I'd been carrying all my life – a load of self-doubt and belief that I wasn't good enough.

It was also a big aha moment for me to realize that there are multiple possible interpretations of situations like this, and we have the power to choose one that affirms rather than undermines us.

So think about all the alternative interpretations for the situations that have caused *your* limiting beliefs and self-

doubt and rewrite them to demonstrate positive qualities. You can find a positive interpretation of any situation, even if it's only "I was strong enough to survive and tell the tale"!

It helps to have an objective, non-judgmental observer help you find new perspectives on your stories and you may feel more comfortable if that person isn't part of family or social circle. That's one of the benefits of having a coach or mentor who can work through these issues with you and help you find the answers.

Change the I can't to I can, change impossible to I'm possible, change not good enough to good enough, brave enough, strong enough etc. and use the positive spin on the most impactful story to anchor in the belief.

Step 5 Remember Your Triumphs

If I feel doubt creeping up on me I remind myself of all the times I *have* been good enough, all the great things people have said about me, the times I've managed to do something I thought was impossible, or simply when I've found something much easier than I expected.

"Believing is seeing" (future creation) and "seeing is believing" (proof of creation) are both true...

When you have belief in yourself and in the possibility of achieving your goal, the Universe creates the opportunities and synchronicities to make it happen.

When you have a moment of feeling doubt or fear, remember the times when you achieved a goal, no matter how small, despite feeling fearful, anxious or worried. See them in your mind's eye – visualizing relives them as if they are happening now, and your brain will register the experience and create a new belief based on this experience. It is undeniable evidence that your doubt, fear or limiting beliefs are just an illusion

with no power and that you can conquer them, as you've conquered many challenges before.

Rinse and Repeat

You can use this technique each time you feel the presence of a fear, doubt or limiting belief. Make it part of your daily routine for those that are surfacing frequently and you'll retrain your brain, creating a new empowered belief system that supports you in achieving your goals.



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