

**7 Beliefs That Limit Your Life  
and  
How to Change Them**

By Wendy Watson-Hallowell

The Belief Coach

Other Books Include:

[‘Live a Life You Love and Make a Living Doing It’](#)

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## DEDICATION

This guide is dedicated to all of those brave scientists and authors that stayed open long enough to realize that our universe does not work as classic science supposes and went public with their frontier science learnings – even when ridiculed by their peers. And to each of the teachers, seekers, spiritual leaders, students and mystics that have found a causal, and responsive relationship with that which is larger than us – the universe, God, the quantum field, presence – whatever language resonates most for you.



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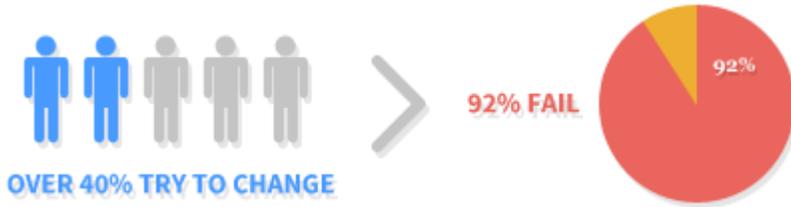
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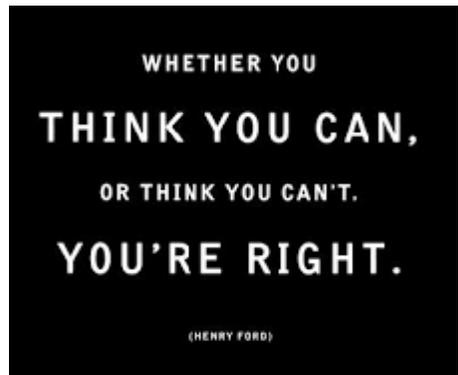
## INTRODUCTION:

Are you like most of us, wanting one or more areas of our lives to be different, yet struggling to make the changes you think are required? Many of us have made some initial change through our actions and behaviors, but they don't seem to stick for very long? *Why is that?*



Quantum physics provides a scientific explanation for this by demonstrating how energy (non-physical) only collapses into matter (physical) through our observation and expectations. This implies that until we focus our attention and expectations, energy simply exists in a state of ‘all possibilities’. *It's our attention and expectations that actually 'create' our physical world.*

Our expectations are driven by our beliefs, which includes our thoughts, attitudes and the emotions that we experience. Those beliefs then tell us how to behave to achieve the results that we seek – even when those beliefs are unconscious. If our underlying beliefs and related expectations are different than our desires, no amount of ‘action’ will work. Our expectations will win every time.





When we only focus on changing our actions, without changing the underlying beliefs behind our behavior, our actions and results will cost more, take longer, and drain our energy. When our beliefs are aligned with our expectations, effective actions follow and results happen easily, quickly and with much less effort and cost.

The quantum field responds with experiences that match our expectations as physicist Amit Goswami speaks about in his book; ‘The Self-Aware Universe: How Consciousness Creates the Material World’, and in Greg Kuhn’s book; ‘Grow a Greater You’.

This guide is designed with seven sections - each one focused on a limiting belief that almost all of us hold often without realizing it. Each section includes a brief description of the belief in question that is followed by a series of questions that will allow you to begin the process of transcending it. If you are ready to shift your limiting beliefs around love, power, selfishness, pleasure, trust, feeling good, and responsibility, this guide is an opportunity to begin the journey.

## **Change Your Beliefs – Change Your Results**



## Feeling Good

**Do you believe that you can control how you feel,** or is feeling good something you have little to no control over? Is it something that only other people get to experience - those who are younger, luckier, smarter, healthier, or more powerful? What if feeling good is our birthright? If that is true, why do so many of us NOT feel good and are resigned to tolerate a constant low level of misery?

Most of us have been taught that feeling good comes from the outside, from other's - not from inside of ourselves. So unless things look a certain way on the outside, we don't feel good.

I learned as a child that feeling good comes from my key relationships. If I said please and thank you, my mother would smile and hug me and tell me I'm a good girl. That taught me if I did what she said and made HER feel good, then she would reciprocate and make me feel good. If I made my boyfriend feel good, he would be loving to me and then I felt good. If I did a good job at work and made my boss feel good, I would be rewarded with praise or promotion, and that felt good.

These experiences created the belief that it is my job to make others feel good, and it's their job to make me feel good. A misplaced assumption that created a big disconnection inside of myself. I spent so much energy focused on what made others feel good, that I lost my connection to my insides that told me what feels good to me.

It is not our job to make others feel good. How could it be? We don't know what feels best to anyone but ourselves. It IS our responsibility to support in ourselves feeling good - and it's time to come back to that awareness inside of ourselves.

## 7 Beliefs that Limit Your Life and How to Change Them

Once I realized the truth of this, I was angry and felt used by everyone in my life who still wanted me to 'make them feel good'. I let a few relationships go, turned a few around and now know that none of it was personal, it's just the belief that most of us learned.

I have learned that I can choose to feel good in every moment of my life. I can make choices of what to do or not do, who to be with or stay away from based in what feels best to me.

*Are you ready to reclaim your right to feel good?*

## TAKE A MOMENT TO EXPLORE:

### Feeling Good

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One relationship where I put the other persons 'feel good' above my own is:

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I believe that when I put this person's 'feel good' first, this is what will happen as a result:

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One way I can focus instead on my own 'feel good' would be:

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I can imagine by focusing on my own 'feel good', it will naturally support the other person in this way:

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## Power

**Do you believe that we are responsible for other people's reactions to us?** If others tell us we 'hurt' them, is it true? Can we really hurt others by simply being ourselves?

In the last section we learned that it's our job to make sure others feel OK. It's like a bargain we have made unconsciously with each other "I'll make you feel OK if you make me feel OK". A sure way to lose touch with our true responsibility and *how we give our power away to others*.

What if the reality is that we are only responsible for our response to others? Could it be that we can't really be 'hurt' by anyone else? What if the hurt we feel from another's words or actions is simply a match to our beliefs about ourselves (too fat, too slow, too much, not strong enough, not a good parent, etc.)?

Quantum physics demonstrates that our experience really is all about our relationship with ourselves - not about our relationship with others - as Lynn McTaggart outlines in her book 'The Bond'. We are in constant communication with the quantum field and it is constantly bringing us experiences that match our beliefs about ourselves...including other people's words and actions.

The bad news about this new perspective is that we can no longer blame anyone for making us feel bad. The good news about it is that no one can actually hurt us...only we can be hurt when we believe what others are saying is true.

Uncovering, challenging, and changing our limiting beliefs is the key to our inner peace. No one can hurt us with their words or actions if we don't believe those thoughts are true.

When we try to feel powerful by controlling how others see us or what they are doing, we give our power away to them and become a victim if they don't see us or behave the way we want.

What if true power is about being ourselves? Asking for what we want and saying no to what we don't want, clearly and lovingly, without attachment to the outcome? True power has nothing to do with anyone else...just us and our moment to moment desires and preferences expressed in the world.

*How will you take your power back today?*

## TAKE A MOMENT TO EXPLORE:

### Power

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One way that I can be hurt is when people think that I'm:

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I think this is true about myself in this way:

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I notice feeling these feelings when others see me this way:

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When I feel like this, I give my power away (don't ask for what I want or say yes to what I don't want) in these ways:

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Next time I encounter these feelings, this is what I can do differently to take my power back:

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## Pleasure

### **How do our beliefs about receiving keep the pleasure out of our lives?**

Most of us learned that we need to delay our gratification. Vegetables before dessert. Homework before play. Do what they say and we'll get what we want. Our parents negotiated with us in endless ways around the belief that we have to 'pay' for our pleasure.

Many of us think some form of payment is due (hard work, sacrifice, or integrity) to receive pleasure. Pleasure including money, luxury, health, recognition, love, sex, joy or success. Our expectations of having to 'pay' tells the quantum field to respond with experiences that match those expectations. Many of us have learned that the price we pay will always be much higher than the pleasure we receive. These beliefs limit the pleasure that is available to us all the time. And are those beliefs even true?

Some people have decided to eat their dessert first! What's different about them? They believe that their pleasure comes first. They are committed to feeling good.

What if we aimed at feeling good (receiving pleasure) with each of our moment-to-moment choices? The quantum field will respond with more experiences that feel pleasurable every time.

***What can you do to feel pleasure today?***

## TAKE A MOMENT TO EXPLORE:

### Pleasure

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One way I can create a 'pleasure' experience for myself today is:

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The price I imagine that I have to pay will be:

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If there is no price to pay, the feelings I expect feel from my pleasure experience include:

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One way I will acknowledge and celebrate feeling pleasure today is:

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## Selfishness

Do you believe that focusing on yourself makes you SELFISH? Apologizing when you ask for something you want, or resentful when your needs are not considered? Perhaps you have to be in some sort of 'crisis' to get the focus back on you? Most of us learned to put others first, make others feel good, or to look good to others. From that perspective, we also expect the opposite to be true - we look to others to put us first, make us feel good and help us look good to others. This is the unconscious 'contract' we have made with each other.

Selfish DEFINED: (of a person, action, or motive) lacking consideration for others; concerned chiefly with one's own personal profit or pleasure.

Focusing on ourselves does not mean having a lack of consideration for others. It simply means we consider what feels good to us as our first and highest consideration. Taking care of ourselves makes it easy and natural to focus on others - especially when we don't feel responsible for them getting what they need!

What if focusing on ourselves is the healthiest, most responsible, caring thing we could do? Listening to and honoring our moment to moment preferences? What if bringing our attention back to what feels good to us brings the most joy to our relationships? What if by focusing on ourselves, we can get our nose out of other people's business, and allow them to be wherever they are without our interference? And what if with that space and freedom, those we care about can begin to focus on themselves and honor what feels best to them?

When I consider what I want and what feels good to me, and ask for it clearly and lovingly, I am honoring myself and the 'other' I'm with. Now that I consider that for me, the most natural thing is for me to consider it for others. Now that I know I can take care of me and honor what feels good to me, I can now learn what feels good to you and we can find a place that works for us both. A very different way of being in relationship.

Let's change the word from selfish - to self-focused. Self-focused meaning a focus on ourselves such that we consistently listen and honor our unique preferences and desires moment to moment in our lives. Choosing what feels best to us and honoring others right and ability to do the same.

*Are you ready to enjoy your self-focus today?*

TAKE A MOMENT TO EXPLORE:

**Selfishness**

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One situation where I fear being seen as 'selfish' is:

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If I let what feels best for me, be my highest consideration in this situation, I would:

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If I did this, the good feelings I would generate for myself include:

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From this place of good feeling, I can see how my choice is also helpful to others in these ways:

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## Responsibility

**What beliefs do you hold around 'responsibility'?** Does responsibility mean duty and obligation? Are only 'adults' responsible? Is responsibility a burden? An honor? Are we only honorable when we take responsibility? Do you feel satisfaction after doing something 'responsible'? Does it make you a good person when you 'take responsibility' for others?

Our beliefs about responsibility often show up in our conversations; 'he is overly-responsible', 'when will she grow up and be responsible?', 'there is no way are you going to get them to take responsibility for that'. Responsibility is often tied to taking care of or being dutiful to others - whether we like it or not. In fact, many of us feel justified and righteous when we can be 'responsible' for everyone else thinking that is where our 'value' comes from. I once had a neighbor whose father, brother and wife all had huge health issues. His beliefs about responsibility had him quit his job and focus on taking care of everyone else. He felt bitter, powerless, and under appreciated by those he cared for yet his beliefs about 'responsibility' told him that this is the only 'honorable' thing to do.

What if responsibility meant 'our ability to respond in loving ways to whatever is happening moment to moment'? And what if those loving ways are about being loving to ourselves - not everyone else? When we remember that we are creating our own reality, then there is no need to be 'responsible' for others. We are the creator in our own lives and we are responsible for our own 'response' to what we are creating. Everyone else is the same. Of course we still tend to the needs of our children and others to help them with what they cannot do for themselves, but our aim is to help them be able to 'respond' to each moment on their own. Not continuing to do for them, what they can do for themselves.

What if we actually undermine others when we try and take responsibility for them? What if they are fully capable of having their own response and dealing with the consequences of their choices? What if their choices didn't really affect you? Could you let them 'be responsible' for themselves then?

What if we replaced responsible with respond-able? Our ability to respond. What would be the new skills required to be full respond-able?

## 7 Beliefs that Limit Your Life and How to Change Them

First we need to be 'here'. Present enough to experience what is happening inside of us in the moment. Not lost in the past or focused on the future in our minds, but here, now. Once we are here, we can become aware of what feels good and what doesn't inside. Our thoughts, words, feelings, behaviors, and responses to others. Only we know what is OK and what isn't for us. From this place inside, we get to choose what feels best for us. THAT is our responsibility. Choosing what feels best to us, moment-to-moment. Asking for what we want and saying no to what we don't want, clearly and lovingly, without attachment to the outcome. Fully responsible... truly empowered.

*In what ways can you be respond-able to what feels best to you today?*

## TAKE A MOMENT TO EXPLORE:

### Responsibility

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

A person or situation I current feel responsible for is:

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If I was to stop being responsible for this situation, this is what I fear would happen:

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If I was to move my focus from what others need, back to what is most loving for me, one thing I would do differently is:

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When I think about including and prioritizing what is most loving for me in my responses to others, this is how I feel:

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## Trust

**Who do we think is worthy of our trust?** What is it that makes someone ‘trustworthy’ to us? What about the times that someone didn’t come through for us when we needed them to? How did we reconcile that disappointment? What do those experiences do to our level of ‘trust’ about others as the next situation arises? Can someone be completely ‘trustworthy’ to us?

With trust, most of us are looking for a consistent response from others that is always in our best interest. When we trust our children, our parents, our lover, our client, or our co-workers, we expect them to do what we requested of them or what was agreed upon between us. Yet all of us have experienced being let down, taken advantage of, or have been betrayed in some way at some time in our lives. These experiences have shaped our beliefs about trust. Who you can and can’t trust and why.

The emotions that come with the belief that we can’t trust someone we count on, can be very painful. If we encounter these experiences as young children, our egos will step in to protect us from the pain by creating beliefs that are not as painful. Instead of believing that my mother betrayed me for her own needs, I made up a belief that something was wrong with me. If I had been a better daughter, then my mother would have come through. At least, I had something I could do about the situation with this new story my ego came up with – I could start working on being a better daughter and that just might make her more trustworthy in the future.

The classic definition of trust can be characterized as follows:

- \*One person (the trustor) is willing to rely on the actions of another (the trustee)
- \*The trustor voluntarily abandons control over the actions of the trustee

This leaves the trustor uncertain about the outcome and often feeling less than powerful in the situation.

What if trust is not a matter of relying on anyone else? What if trust is really about trusting ourselves? Counting on our ability to honor what feels best to us moment-to-moment? When I remember we are all responsible for creating our own experience, then relying on someone else to feel trust in my life is actually giving my power away.

And what about the flip-side? When I make an agreement with someone, am I less trustworthy if I renegotiate? I have found that trust is a matter of me trusting me to make choices that are for my highest good. When I make choices that are for my highest good, they are naturally for the highest good of everyone involved. I love the vision of a world where we can count on each other to take care of and honor ourselves. Trusting each other to do what is best for ourselves, instead of taking on the mantle of doing what is best for each other. When I know I can trust you to take care of you, I can focus on trusting me to take care of me.

***How can you be more trustworthy to yourself today?***

## TAKE A MOMENT TO EXPLORE

### Trust

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One person/situation where my trust was broken is:

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When I look at this situation from the perspective of trusting myself, here is one way I let myself down:

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One thing I could have done differently to honor what was best for me in this situation is:

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Had I done that, instead of focusing on the other person coming through for me, here is what may have been different:

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When I think about how things could have been different in this situation, I feel:

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Now that I am aware that I have a choice, I can be gentle with my new awareness in these ways:

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## Love

**Where do we believe love comes from?** Does it come from others when we are 'loveable' enough? Is it something that comes from God? Most of us crave it, seek it, and spend our lives hoping to get enough of it. We write songs and poetry expressing our love towards what make us feel loveable or loved.

Why is it often so hard to say I love you? Many of us believe that once said, we are stuck with an obligation, even if that person becomes 'unlovable' later on. Or, if we say it first, will others reciprocate? Many of us feel love is illusive, or tied to past disappointment. Wanting it, having it, losing it. These are the ways we speak of love.

What if we love others not because they are loveable, special, or our soulmate, but because WE ARE LOVE? In our natural state of presence, we flow love to what we observe. It has nothing to do with what it is we are observing. This is how a mother can simply see her child with loving eyes regardless of how the child is being (angry, destructive, hurtful, disrespectful, etc.). When we see with eyes of love, free of judgement about what we are observing, love is our natural state that flows outward from us. We are love. This means that when others flow love to you, it's not a statement about you and how loveable you are, it's a statement about the other and their ability to relax and be their natural self with you. When they are being that way, love naturally flows from them and will invoke that same response in you. That's why we think it's coming from them. It's not.

We are love. We can experience that about ourselves when we believe it's true. Love flowing out from us feeds us. Love flowing out of us invokes it in every being we encounter; people, animals and all of nature

***What or who will you flow your love out to today?***

## TAKE A MOMENT TO EXPLORE

### Love

Applying your new understanding is a critical step to challenging limiting beliefs and changing them to ones that work in your favor. Take a moment to begin the exploration for yourself below:

One place/person/thing in my life where I naturally feel love flowing *from* me is:

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The story I tell myself about why it's like this is:

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One place/person/thing in my life where I do NOT feel love flowing from me is:

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The story I tell myself about why it's like this is:

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## 7 Beliefs that Limit Your Life and How to Change Them

One thing I can do differently to remember I am love is:

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## About The Author:

### Wendy Watson-Hallowell - The Belief Coach



Wendy, a theatre major, originally from southern California, moved to NYC at nineteen years old, and spent the next 14 years in corporate America working in the entertainment industry. Realizing that she was more interested in her staff's growth, than the growth of the company, she shifted her focus to the people side of change and launched a small consulting firm with her husband Dave in 1995 - [Frontier Consulting Group \(FCG\)](#). Together they have grown and supported entrepreneurs, communities, grant makers and nonprofits to shift their mindset and practices to achieve the highest possible results from dollars and efforts.

Wendy is passionate about enabling individuals, organizations and communities to *value themselves and each other in the ongoing process of change*. She has guided hundreds of individuals and over 750+ foundations and nonprofit organizations to achieve tangible increases in impact and performance.

Over the last 30 years, Wendy's skills have been honed in leadership roles at [MTV Networks](#), [The Rensselaerville Institute](#), and through the grass roots community based nonprofit, [Sustainable West Milford](#) that she and her husband started so that they could take everything they have learned and give it back to their community.

Her successful practice in mentoring and coaching has led to co-authorship of the book, [Live a Life You Love and Make a Living Doing It](#).

## 7 Beliefs that Limit Your Life and How to Change Them

As The Belief Coach, Wendy is committed to teaching the new skills required to create the lives we really want to live. These new skills are natural to us, and once learned, they can change the trajectory of our lives, our work, and our world. As author Mike Dooly says; ‘thoughts are things – choose wisely!’.

You can find out more about The Belief Coach at [www.belief-works.org](http://www.belief-works.org) and follow Wendy’s journey as she continues to uncover, challenge and change the limiting beliefs that keep us from creating our dreams.

Wendy lives in the wilds of Northern NJ, near the Appalachian Trail where she can be found hiking with her husband and dog, or sipping wine in front of the wood stove with neighbors and friends.