

Crushing Limiting Beliefs

Limiting Belief #1: **I Don't Have Enough Time**

If you're like most people, you're extremely busy. You've got projects to work on, things to do around the house, people to spend time with, administrative tasks like paying bills, and a thousand emails to answer. If you're a business owner, you're probably even busier.

You're so busy that you feel like you don't have enough time to do the things that really matter to you. To focus on your dreams. To really achieve your goals.



You feel like you're running in a thousand different directions without really making much progress on anything.

Put simply, you feel like there isn't enough time in the day and week to do what really matters. You think to yourself, "If only I had more time, then I could do things I really wanted. If I had more hours in the day, I could get more things done."

And when you look around, you see that all your friends and coworkers are really busy as well. So, you simply accept extreme busyness as the norm.

Your limiting belief is that there isn't enough time in the day to get things done.

But does this have to be the norm? It doesn't.

Rewriting Your Limiting Belief

Let's transform the limiting belief that there isn't enough time into an empowering belief.

Limiting Belief:

- "I don't have enough time."

Empowering Beliefs:

- "I have time for my most important tasks."
- "My schedule gives me freedom from time pressure."
- "I refuse to let time rule my life."
- "I get things done without worrying about time."
- "I am productive and make the best out of the time I have been given."

The best way to make these newfound empowering beliefs work for you is to **work on the thing that matters to you most FIRST thing in the day.**

By making quick progress on the tasks that matter most, you'll feel more productive. You'll slash the limiting belief.

This principle is often called "Slaying your dragons."

In other words, you "slay" your most important task, your "dragon," first thing in the morning. Before you get started on the thousand other tasks that vie for your attention, give your full focus to the one thing that matters the most to you. To the thing that will move you forward the most.

By doing your most important thing first, you rewrite your limiting belief that there is not enough time in the day to work on what matters. Your new belief becomes: ***"There is plenty of time to do what matters because I work on what matters first."***



Action Steps

- Write down all the tasks you need to perform in a given day.
- Organize those tasks by importance.
- Determine your most important task for the day.
- Give all your attention to working on that task until it's done.
- You may find that using the "time blocking" method will help you get everything done that you need to do. Simply block off "chunks" of your time each day for working on specific tasks and work on only those tasks during the block you've designated.
- Repeat this process each day.

Affirmation

There is more than enough time in each day for me to accomplish the tasks that matter most. I am dedicated to and focused on getting the most important things done each day.

I refuse to be easily distracted. Rather, I slay my dragons first thing each morning. I do less important things later, after I finish the task that matters most.

I am passionate about getting things done that are important to me.

Looking Forward

In the next lesson, you'll learn that you're never too old to start a new project or begin working toward a new goal. Yes, you *can* teach an old dog new tricks, and the next lesson shows you how.

