



Activity: Identifying Your SWAGGER-Limiting Beliefs

Time: 20 – 30 minutes

Gentle Reminder

Please keep in mind that working to uncover your SWAGGER-limiting beliefs can elicit powerful memories and emotions. Don't hesitate to seek professional assistance to support your efforts in overcoming them.

Before you can overcome your SWAGGER-limiting beliefs, you must first be able to identify them. This activity is designed to help you take a closer look at the destructive beliefs holding you and your potential back.

Step 1

Think of all of the destructive conversations you've had with yourself over the years. Make a list of the SWAGGER-limiting beliefs you fall victim to most often.

Below is a sample list to get you started. If you have additional SWAGGER-limiting beliefs not listed here, record those as well.

- I can't because . . .
- I'm not good/smart/experienced, etc. enough.
- I'm too old/young, etc.
- Good things only happen to other people.
- I don't have time.
- I'm not worthy enough.
- Bad things always happen to me.
- People will judge me or think poorly of me.

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- I don't deserve to be happy/loved/successful, etc.
- I'll never be successful/happy, etc.
- Sure, they can do it, but I'll never be able to.
- I'll never be good/smart/thin, etc. enough.
- If I can't do it perfectly/exceptionally well, then why bother?
- I'm a failure.
- I'll never be as good as them.
- I'm an idiot.
- I'm afraid I'll fail.
- This is my life, and I just have to accept it.
- I'm just waiting for the other shoe to drop, it always does.
- I'm not good at that.

Step 2

You made it. You're still here. Take a deep breath. Sit up nice and tall with a sense of strength and fortitude.

Now take a look at the list you've created and answer the following questions.

- What have these SWAGGER-limiting beliefs kept you from doing?
- What have you missed out on as a result of these SWAGGER-limiting beliefs?
- What might be possible if you stopped allowing these SWAGGER-limiting beliefs to get in your way?

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