

Surpassing Your Limits Workbook



by Michael G. Neece
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Surpassing Your Limits

Workbook



Have you ever been in a conversation where someone reacts disproportionately to something being discussed? Maybe it's a fun time with friends or during a meeting at work, but an active participant suddenly gets quiet. Or someone gets angry and loud. And you mentally review what was happening, but nothing sticks out as a good reason for this.

Have you *been* that person? A topic comes up, or someone interacts in a way that bugs you. More than that, it really makes something stir inside that says, "This shouldn't be this way!"

Invisible forces are constantly at work, influencing our perceptions and actions. By understanding what's happening under the surface, we can learn to anticipate those forces and reactions and thus master situations that once seemed out of control. We can even become great observers of our friends and colleagues, learning what triggers outsized reactions and figuring out better ways to interact.

So much of what we bring to any interaction belongs to our past experiences or upbringing. Perhaps we learned to act in certain ways to "stay safe" when something was going on, and now situations arise that somehow *feel* the same.

Our experiences can imprint on us **limiting beliefs**, ideas that we absorbed at some point as emotional truth, ideas that silently guide us even when we aren't aware.

This workbook will give you three exercises to help you understand, address, and harness limiting beliefs. By claiming this control over your life, you attain awareness that can enrich your relationships and give you more options in the workplace.

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Michael@MichaelGNeece.com

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It is recommended that you bring a journal to this activity, one that can be used in other Our Future is Kind exercises so you have all your accumulated knowledge in one place. If you prefer using this workbook, there is also space provided there so you won't have to wait to find the perfect journal.

Review the common limiting beliefs on the following page and determine if any evoke a strong emotional, visceral response. Mark those below and copy them to your journal. You might think of limiting beliefs that are not listed below, ones that pop up. Trust those and write them down, too.

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Mark the ones that evoke an emotional response.

I need to know what to do.	It is my job to make you happy.	People are judging me.
No one cares about me.	I need a partner to be happy.	People should be self-sufficient.
I know what's best.	It is my fault.	They should agree with me.
I deserve bad treatment.	I should be different.	I have to work hard.
Something terrible is going to happen.	I missed my chance.	We must keep our promises.
Most people cannot be trusted.	Never settle.	I have to be careful not to hurt others.
People should respect me.	People should listen to me.	Money will make me happy.
I need to control how others feel about me.	I'm not enough.	I'm ashamed of my body.
I feel your energy.	I am a failure.	I need to be in control.
I need more money.	I will never make you happy.	My body should be healthy.
Life isn't fair.	I need to understand.	People need to be more trustworthy.
The world should be filled with love.	I need to do it right.	Take what you can when you can.
Some people will never listen.	Nobody can control me.	There is a purpose to my life.
I cannot stay undecided.	Something is wrong with me.	I am worthless.
I can't do anything right.	Be happy with what you have.	Life is difficult.
I disappoint people.	S/he doesn't trust me.	People should be grateful.
I don't want to look foolish.	The world is not safe.	I am a fraud.
There's too much to do.	I shouldn't be so emotional.	I don't belong.
There's not enough time.	Nothing is reliable.	Rule breakers should be punished.
I know what you need.	I must know my life's purpose.	People are my friends.

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Limiting Beliefs List

Record below or in your journal any beliefs that evoke a response. Place a rank next to each so it is clear which belief is strongest, which is second, and so forth. If they are difficult to rank, it is okay to put the same rank on two or more if needed.

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The Origins

In your journal or in the space below, center on the strongest belief first. Which statement jumped out at you? If you thought of a new one while scanning the others, what was it? Was it the strongest?

Once you have decided which statement is most potent, focus on it. Later, you can move to the second-most powerful message and do the following for it, and so forth.

Ponder how the belief could have originated. Was it the interactions within your family unit? Was it at school? Having a reasonable idea of where you picked up your belief can help you center on it and address it head-on.

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Owning Your Beliefs

Once you have written some ideas about the origins of the belief, the next step is to envision that belief as if it were a living, breathing entity that, at one time or another, served to protect you. Forgive it for the heartache and difficulties it may be causing now that you no longer need it. Thank it for the positive effects as well.

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List your negative responses to situations and how they relate to your limiting belief. Come up with at least one strategy for reframing the problem so that you can calm your emotions when they come up again.

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In this next part, you will own the narrative: write down each belief's positives in your life.

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Once you have completed this process for a single limiting belief, you can repeat the process for any other beliefs you feel deeply that are distinct enough and separate enough from that first one. It is up to you how much deeper you can go.

After addressing the limiting beliefs, you are now equipped with tools to harness the positives of those beliefs. More importantly, you now have information about how situations can trigger responses in you related to any of your limiting beliefs, so you can learn to show yourself some kindness and care when needed. You might even be able to sidestep your old reactions, build new responses, and strengthen your relationships with others as a result.

Perhaps even more powerfully, you can understand and relate to others at home and work when they appear to have outsized reactions during your interactions. By anticipating what could be causing them discomfort, it makes you more empathetic during interactions, and you might even find yourself listening to them as they talk about their own limiting beliefs. These deeper understandings of each other are all based on the work you do here and going forward regarding self-reflection, so congratulations on taking this significant step in that journey of self-discovery!

Want to go deeper? Schedule a free call with me:



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