

My inspiration – 3rd episode – Tackle your limiting beliefs

Romaine Johnstone/Sandra Fillaudeau I'm Romaine Johnston and I'm Sandra Fillaudeau, and we'll be your hosts on this podcast series,

Voice-over Orange presents My Inspiration.

Sandra Fillaudeau. Here's what you can expect from each of the seven episodes will be airing

Romaine Johnstone. Each month you'll discover an honest conversation on key aspects of what it means to better own your career and your self-development.

Sandra Fillaudeau Some real life examples taken from Romaine's coaching experience and our own lives, as well as tools to help you better understand yourself, others and your relationships.

Romaine Johnstone. And we'll always wrap up with a practical exercise for you to start implementing these concepts in your own life.

Romaine Johnstone/Sandra Fillaudeau Our ambition is for you to feel energized and empowered after listening to these episodes, so enjoy and share with anyone you think may benefit from the episodes. Thank you for listening.

Sandra Fillaudeau. Break free from your limiting beliefs. Hi, Romaine.

Romaine Johnstone. Hi, Sandra.

Sandra Fillaudeau So welcome to our third episode of our last episode on networking. Got me thinking quite a bit and I think today's topic is a really good way to complete it. So we'll be talking about limiting beliefs, which is a topic very dear to me because it's something I've been spending the past couple of years really working on and trying to let go of some of them. So I'm really looking forward to a conversation. Let's start with definitions, always very useful, but our limiting beliefs Romaine.

Romaine Johnstone. Yeah. So. So thanks. Sandra, I'm delighted to be here again with you. A limiting belief is something that we accept as true or real, a firmly held opinion. It's something that we see as reality, although it may not be, and it builds up over time. It's a fruit of it's the fruit of our experience and our learning of what we've been through and what we've learnt. And I guess the next question would be, you know, you know, who where does it come from? I mean, like a values. It comes to us by, you know, through our family, through our friends, through our teachers or professors, through our education, through society in general, through the media. Of course, let's not forget the media. So the media it is really important today in terms of limiting beliefs. And they have an effect on us. So they impact whatever we believe about ourselves or about other people, impacts our attitude, not behavior, how we act because it impacts. It impacts. They

impact our emotions and they impact how we act. Questions we ask our relationships with people. So beliefs can be a source of creativity. You didn't have to be negative. They can be source of creativity in development. They can also be source of frustration and fear. And they can really be, you know, empowering just as much as they can be limiting.

Sandra Fillaudeau. So how can they be limiting what? How can they impact our lives? Really?

Romaine Johnstone. Yeah. One of my colleagues suggests this is metaphor. And I've adopted it and thank you to him. And limiting belief is like an invisible anchor which prevents the boat from sailing away. That's so powerful. It's powerful. Yeah, it's a beautiful image because it does kind of, you know, stop you from stop it from move, sailing. Yeah. And so limiting beliefs had become an obstacle for development, an obstacle to our need, like to perform they slow down our creativity. They're often a source of conflict between ourselves and with us. Well, with others because we believe them. We end up by believing that, for example, we can't do something that we're not good enough, that we're not entitled to something and we all have limiting beliefs. Okay. Some people more than others and they can refer to us. It could also refer to others, to a community, to the world at large. So we can have beliefs about ourselves that beliefs about the organization, beliefs about our project, beliefs about our team, beliefs about our family, you know? So it's important to consider these limiting beliefs.

Sandra Fillaudeau. But so what's the mechanism that takes a belief that that gives a belief, the power to actually impact our lives? What's what happens there?

Romaine Johnstone. You know, there's a saying that says that whatever you believe becomes your reality. If it becomes your reality, it will it will obviously determine the outcome of a situation. And so when we allow our lives to be shaped by these limiting beliefs, the behaviors that we adopt that we show reinforce our own beliefs. And we become an expert in creating our own self-fulfilling prophecies because we believe in them so hard that they become our reality and we actually embody these limiting beliefs.

Sandra Fillaudeau. Yeah, that's a really helpful image as well as the self-fulfilling prophecy. So what you what you believe is what becomes. Yeah, it always really helps to hear of other people's experience. So do you think you'd be willing to share some of the limiting beliefs that you have or that you've let go off?

Romaine Johnstone. Yeah. You know this kind of like everybody. I think there have been times when I felt a bit of a victim and I said, oh, you know, there's nothing I can do about that. Really nothing that I can do about that when in fact, I could've done something about it. You know, all the time that I thought, I can't possibly do that. And it goes back to something that we've discussed in another podcast. There's no way that I can stand up in front of an auditorium and speak with a microphone to 180 people. And yet you did it. And yet I did it, you know. And partly thanks to you, and another instance, you know, I say I don't deserve it. I don't deserve it. There's a concept of legitimacy. Some refer to it as the imposter syndrome. Others talk about a saboteur, you know, or in a critic. It's

about thinking that that you don't deserve something, that you don't deserve something, that you don't deserve someone else's attention. You don't you're not entitled to do something that someone else does. Because you're not as good as them not good enough. So that they're not 100 percent our responsibility. We talked about where they come from, but we can decide to manage them because our lives you know, we've got a. Drive our own, whether it's a career or whether it's our, you know, our personal life, we can decide to do something about. About these limiting beliefs.

Romaine Johnstone/Sandra Fillaudeau Now, what's fascinating is how those that that thought I'm not good enough, how universal it is. I'm always surprised because you always feel that it's going on inside your own head. But I was recently in a virtual conference by Seth Godin called the Real Skills Conference. It was a fascinating experience. And, you know, people from all over the world with all sorts of backgrounds and projects and careers and experience, and it's like 90 percent of them felt that that thought, you know, I'm not good enough. I'm not good enough. I find that fascinating. But what I like the idea that you brought up is that we can't necessarily stop that existing, but we can manage that idea and prevent it from impacting our decisions or behaviors. So how can we break free from these beliefs?

Sandra Fillaudeau. I think the first step is becoming aware of them. So building our self-awareness and our understanding and that is, again, all part of emotional intelligence, how we understand ourselves and our emotions and how we operate. So self-limiting beliefs are often lurking in the background of our thoughts and behavior. So not only of what we think, but also what we say and what we do I've said that. And we carry them around a little bit like unwanted guests who have overstayed their welcome and I like that they have overstaying their welcome. Because something you deserve who does over their state they welcome. You should be brave enough to say, okay, time to finish now. And I've got really I've got really awful now, you know, when I want to go to bed, I said, sorry, guys, can we just stop that?

Romaine Johnstone You know, my friends out there. But so, yes, they are similar to the imposter syndrome or the inner critic.

Romaine Johnstone. And they're part of us, but only part of us. They don't define us. We can learn to manage them and we can manage it. We can learn to talk to little voices. And these little voices are keeping us back and preventing us from stretching out of our comfort zone. And I think that that's really important to know that it's down to us again and to building our self-awareness.

Sandra Fillaudeau. I like your image of the unwanted guest. Yeah, mine's more something I heard Elizabeth Gilbert share in a podcast. Elizabeth Gilbert, who wrote Eat, Pray, Love that. Yes. A lot of you play like love. And she was saying that she had that little voice in her head as well, saying, you know, who do you think you are? How on earth can you get that done? And she treated that voice like a stupid little cousin sitting in the passenger seat. But she was the one driving. And so she would be driving, telling that

little voice, listen, okay. I hear you. I acknowledge your existence. And you're there, but you're not going to let you drive. So just talk all you want and let me drive.

Romaine Johnstone. Yeah. So accepting that they are there, excepting that they're part of you, but owning that conversation saying I'm adult, I can cope.

Sandra Fillaudeau. Right. And you randomizing they're minimizing the chatter.

Romaine Johnstone. You know, and without going into too much detail, I think it's worth thinking about what that critic is actually trying to do, because more often than not, they're trying to protect you. And it's the little voices seem to don't take any risk. Don't put yourself in a difficult situation, you know. So it's being able to have that conversation with ourselves. Yeah.

Sandra Fillaudeau. Yeah. So we love concrete tips. So do you have any concrete tips to share on how we can turn that volume down and let go of those beliefs?

Romaine Johnstone. Yeah, I would I can maybe share with you is a five step little process around a project, because I believe that the only way of learning is actually bringing you back to your reality and not to. We should do this. We should do that. It is really getting down to an integrity and think of something that is important to you and how you can make it happen and how you can address your limiting beliefs. So five steps. The first one, I would say is defined, defined, for example, a project. Okay. And so individually. Think of a project or a desire which is important to you, but which you see as difficult to achieve or something that is difficult to have. They can be a project. It can be a conversation, just having a conversation. Sometimes the can be connecting with someone important for your career or for you personally. So take notes about the context and take notes about your desire. So what is it that you would like to do? Okay. One thing that is difficult for you right now. And it can be as simple as a conversation. Okay. And then consider step two. Why is this project so important to you? Okay. Why is it so important? Define your motivations for this project. This desire or this objective? It's the why of Simon Sinek. Yes. Talks a lot about the widely. Imagine you've achieved this objective. So this is a little bit about projection, but projection about something that's real for you. So imagine you've achieved this objective or you've got involved in this project ok. Project yourself into that situation and experienced the emotions. Imagine what you are like in that situation and experiencing emotions, what it feels like to what it feels like to have succeeded in that particular project or gone through that conversation. Okay. Okay. Take your time, because this really is your right. It's a present that you're making yourself. Take the time. Do it on your own and ride that positive wave. And embrace that positive wave. And don't be. Don't feel guilty. Don't feel shy. You're on your own. You're in your head. You've in your heart and just write it down. Okay. So you've defined this project. You've defined what's important to you. You've experienced positive emotions that it would generate if you succeeded in this project. Now consider came back to your reality, back to your consensus reality. As we say, what is you keeping you back from achieving your objective? Which beliefs which beliefs are preventing you from going ahead with your project? What is that in a critic? What is that? That little voice saying to you, okay.

Can you give some examples of what those beliefs could be? Yeah. Like I said, you know, earlier, for me, it's impossible. You can't do that. Okay. Okay. I can't do that. I don't deserve it. I'm not worthy of that attention. I'm not legitimate. Okay. You must have some examples as well.

Sandra Fillaudeau. I think a big one for me is always, you know, I don't have the time. I don't have the time. Yeah. So I get really stressed and sort of paralyzed.

Romaine Johnstone/Sandra Fillaudeau that's very interesting. So you decide. Yes. You decide to procrastinate because it's a way of coping with either procrastinate or I think, well, I'll do it.

I'll do this later. I'll do this. Yeah. Which is procrastinate

Romaine Johnstone. No. Absolutely. Absolutely. And we all do that. You know, we don't pick up the phone to have a conversation. We need to have it.

So and then a key step four would be coach yourself, Coach yourself, guess her find example in your life and really be very pragmatic about this too, which illustrate that actually you can, back to Barack Obama. Yes, you can. Okay. Yeah, find examples of projects that you've achieved, conversations that you have had, places that you've gone to where you were reluctant to go, people that you've actually met, spoken to, where you were worried about doing that. So examples, we don't do this enough. We could do this every single night. You know, write down the positive stuff that's happened, our little mini success story and prove that you can prove that we can. Exactly. Yeah. And so and then consider which of your skills would be useful to make this particular project happen. Okay. So what was useful to you when you did when you when you when you did achieve success gets assess and which of your skills would help you do it in this particular case, that particular project to conversation we talked about in step one, who could help you? Don't forget. So important, so important. And it doesn't have to be a friend. It could be just someone you know. Okay. It could be one of your superiors. It could be a team member. It could be a pair. It could be, you know, somebody I know something as stupid as somebody you meet in the bus every morning when you go on your way to work and that, you know, now begin to say hello to you. Yeah. And so and so who could help you? And step five decide what you're going to do about each of those limiting beliefs. Okay. Because there may be a couple in there. So what are you going to do? And you and I have often talked about, you know, taking awareness through action and doing something about it and owning it and driving, driving our development. So decide what you're going to do about those anchors that are keeping you back and what you can do to just sail away. And so I don't know, decide three things that you can do to bring yourself closer to achieving your goal and write them down. Okay. Write them down. So these could be baby steps and its okay. You don't have to be too ambitious because if you're too ambitious, you won't be able to do it. So take baby steps and take on all the factors down to us when you can decide to challenge your limiting beliefs. We can reframe them into realistic or positive thought and behavior. And sometimes we need help. And that's okay too.

Sandra Fillaudeau. Yeah, and I like that nuance because what you're saying is both very empowering and also the idea that sometimes you can run circles in your own head. Yeah. And having someone from the outside external hub can be a real boost. Yeah. Thank you so much Romaine. I mean this is a very important episode. And since the objective of the podcast is to help listeners feel empowered to own their career, their self-development, and to have a more fulfilling relationship with themselves and others. I think this episode was really at the heart of the matter. So next month, we'll meet again for a conversation on an emotion that everyone feels an emotion or not will get into that they stress and most importantly, how to manage.

Romaine Johnstone. Great. Look forward to that. And until next time. Please let us know, dear listeners, how if this episode helped you and share with a friend or colleague that it could be of use to you too, and don't hesitate to ask questions. And thanks for listening. And now, guys, it's down to you.

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