

The Limiting Belief Quiz™

*What's holding you back from
the life you want to be living?*

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Try on this belief by saying it to yourself:

*"I am the creator of everything in my life,
and I can create whatever I want."*

If this *doesn't feel true* for you, what is it exactly that prevents you from creating your ideal life?

There are two categories of possibilities: external blocks and internal blocks:

1. **External:** real-world physical conditions and limitations that exist outside yourself; and
2. **Internal:** conflicting or limiting beliefs inside of you.

No matter what you want to create, both kinds of blocks and barrier appear in your way as soon as you make a commitment. Why? Because it is part of the automatic function of the mind. **Whenever you decide to create something new, everything that was previously created that is in conflict with that new thing rises up and re-asserts itself.**

This little-known law of creation is the cause of more failures than anything else. Blocks, barriers, and resistance are *natural* and can be *expected*. The only difference between successful people and those who are not successful is that **successful people learn to handle them with various strategies, such as inner work, persistence, work-arounds, clearing techniques, getting help, enrolling others, etc.** People who are unsuccessful simply stop or give up in the face of these natural, expected blocks, barriers, and resistance.

If you want to be successful, study what comes up in the process of accomplishing your goals, and learn techniques for dealing with them, one by one. We teach dozens of techniques in our book, ***Creating On Purpose***, but like any skill, they require some learning and practice to get good at them.

A limiting belief is any internal belief or certainty that you are a particular kind of person, and there's nothing to be done about it. For example, "I'll never learn to play piano" is a belief that limits your possibilities. The truth is, anyone can learn to play piano. It just takes perseverance with lessons and practice. What stops people from becoming a person who *can* play piano is *giving up* somewhere along the way. This usually comes from another limiting belief: "I can't," "It's too hard," or "I'm not talented."

Once you identify the belief that's coming up, it can be changed fairly quickly using *The BeliefCloset Process*®, or another belief-change methodology.

If you want to create a particular condition in your life, such as a great relationship, greater financial security, or fulfilling your life purpose, you can do so – if you're willing to confront and deal with your limiting and conflicting beliefs that get in the way and undermine your best efforts.

Whenever you hear yourself say, "That's just the way things are," or "That's just how I am," you can be sure that there are limiting beliefs just underneath the surface.

This quiz will help you expose some of your own subconscious limiting beliefs. Limiting beliefs are not permanent – if you're willing to do the digging required to root them out. Once you clear the old belief, you can then plant a new *empowering belief*. It's like planting seeds in a garden. First you clear the ground, then you plant the seeds in fertile ground so they can grow. Your beliefs create your attitude, your orientation toward life, your interpretations of events, and your experience of reality. If you transform your beliefs, you can transform your life.

Beliefs can be "tried on," as you would try on an outfit at a clothing store. Some clothes fit you better than others, and every outfit makes you feel a certain way. Some clothing makes you feel comfortable, others uncomfortable. Some make you feel sexy, while others make you feel competent or successful. The same is true of beliefs.

The Quiz:

Try on each belief by saying it to yourself out loud. Feel how “true” it is as you say it. If it’s not true at all, mark it with a “0.” If you sort-of believe it, or believe it some of the time, mark it in the middle. If it feels absolutely true about you, mark it with a “5.”

Circle the number that fits your conviction, or “truth” about each statement.

Not true at all **0 - 1 - 2 - 3 - 4 - 5** True almost all the time

I am not able to change things I don't like about myself.	0 - 1 - 2 - 3 - 4 - 5
I can't change the circumstances of my life.	0 - 1 - 2 - 3 - 4 - 5
I am unhappy most of the time.	0 - 1 - 2 - 3 - 4 - 5
I don't have the ability to do the things I want to do.	0 - 1 - 2 - 3 - 4 - 5
I don't have the resources to do the things I want to do.	0 - 1 - 2 - 3 - 4 - 5
I can't seem to get my body into the shape I want.	0 - 1 - 2 - 3 - 4 - 5
My financial situation will never get better.	0 - 1 - 2 - 3 - 4 - 5
My primary relationship is unsatisfying and doesn't meet my needs.	0 - 1 - 2 - 3 - 4 - 5
You can't change other people.	0 - 1 - 2 - 3 - 4 - 5
Things are the way they are, and I can't do anything about that.	0 - 1 - 2 - 3 - 4 - 5
The future will be pretty much the same as it now.	0 - 1 - 2 - 3 - 4 - 5
There's only so much love to go around.	0 - 1 - 2 - 3 - 4 - 5
I feel stuck.	0 - 1 - 2 - 3 - 4 - 5
No matter how hard I try, I can't create what I want.	0 - 1 - 2 - 3 - 4 - 5
I don't have what it takes to make major changes.	0 - 1 - 2 - 3 - 4 - 5
When it gets hard, I give up.	0 - 1 - 2 - 3 - 4 - 5
I have certain limitations, and I always will.	0 - 1 - 2 - 3 - 4 - 5
I deserve the life I've got.	0 - 1 - 2 - 3 - 4 - 5
I'm too dependent on others.	0 - 1 - 2 - 3 - 4 - 5
I'll never have what I want in life.	0 - 1 - 2 - 3 - 4 - 5

Scoring the Quiz

Now, total the value of all the circled numbers in your answers.

If you scored between 0 and 40, congratulations! You're not limited by your beliefs! If you want to make your life even better, examine the beliefs that you feel are holding you back from creating what you want. Eliminate them, and replace them with beliefs that empower you.

If you scored between 41 and 60, your beliefs limit you in some parts of your life. You can learn to change your beliefs easily, and remove the limitations you feel are in the way. Begin by writing down the beliefs that repeat themselves inside your mind. Then, using one of the belief-change technologies, shift them, one at a time.

If you scored between 61 and 80, your beliefs are significantly limiting the possibilities for your life. If you want to change yourself or your circumstances, learn how to change your beliefs, one by one. With each shift in your beliefs, you become more and more able to create the life you want. A huge brick wall can be taken down by removing one brick at a time. Eventually, the whole barrier falls down.

If you scored between 81 and 100, your beliefs have a strong hold on you. You may feel stuck in limitation or lack. If you really want to change your life, you can begin a deep study of your own beliefs. Learn which ones are merely assumptions, which ones were conclusions you came to at an early age, and which ones were indoctrinated into you by others. If you're willing to question your own beliefs, you can change anything in your life – and make it better. The first belief to change is, "I can't change." It's just a belief – not an absolute truth. Then, you can begin to change one belief at a time, making small, incremental changes until you're on your way to a life of happiness.

Lion Goodman is co-author of "***Creating On Purpose: The Spiritual Technology of Manifesting through the Chakras.***" He is the creator of the *BeliefCloset Process*, a potent methodology for changing beliefs at the core of the psyche. To find out more about manifestation, visit www.CreatingOnPurpose.com. To find out more about beliefs and the *BeliefCloset Process*, visit www.TransformYourBeliefs.com.