

IMPROVE YOUR SUCCESS WITH MOTIVATION AND GOAL ACHIEVEMENT

Get Rid of Small Thinking so You
can Plan Your Dream Life Instead

Yvonne A Jones

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Today we'll explore these limiting beliefs more closely. In Day 1 I mentioned that sometimes these limiting beliefs were created by the environment you were raised in and have become your norm. As a result, they may have become entrenched, unconscious behaviors.

As you read today's content, focus on yourself and seek to identify if you connect with any of these limiting beliefs.

You Believe Resources are Finite

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Many people believe that resources are finite, which means that the planet will run out of resources at some point. This issue is often perpetuated by the media. The problem really is how the resources have been misused.

Let's use the examples of energy and water. It is true that fresh water is limited on earth naturally. It is also true that there is only so much fossil fuel available to use. At the rate we use both water and fossil fuel, so the story goes – it's going to run out. Some leaders have gone so far as to opine that they do not think that having fresh water to drink is a human right. Imagine that!

But, what if you knew that fresh, potable water could be created out of seawater? Well, it can. In [Israel, desalination of seawater](#) has revitalized the country and rid them completely of drought worries. What's even better is that the process can be completed with solar power. This brings us to the answer to the issue with fossil fuels. We can get infinite energy from the wind, water, and sun.

It's important for people, in general, to change the way they think so as to open themselves to new ideas in answer to old problems.

You Keep Ideas and Knowledge to Yourself

Because you believe that only one person can “make it” with an idea you often do not share your thoughts or knowledge with others. By not sharing your knowledge, you're actually doing yourself and others a disservice.

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There are numerous reasons that keeping knowledge to yourself is not beneficial. Imagine that you're an author. You'd make a rough draft, then edit it a few times to make it better. Finally, you'd turn over your completed manuscript to an editor. That's when the work really begins. Because of collaborating on the project, the end result is something that you're proud to place your name on. The combined knowledge of the editor and author makes the work truly complete.

The same can be said about almost any type of work or idea. When you share it with the right people, you'll immediately get even more ideas – ideas that might make the first one even better. It is true that someone might take your idea and use it for themselves.

Mary Kay Ash, Founder of Mary Kay Cosmetics, taught her consultants the value of sharing knowledge and ideas. She believed that if you had an idea and I had an idea, that's two ideas. However, when these ideas are shared, we'd end up with three ideas.

Hence, by sharing ideas you often end up with an even better product or service because of all the input you receive when you share knowledge. Not only that, you may help others accomplish things they never thought they could.

Although someone may 'steal' your idea and run with it, it's very rare and rising above small thinking does not mean you must share all the details of your knowledge. The truth is that no one can be you, and your unique talents, abilities, and personality will make what you do special.

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You Have a Hard Time Trusting

When people have limiting beliefs and suffer from thinking too small, they often have a difficult time in relationships. They feel suspicious of anyone who is nice. They think people are out to get them or take from them what little they have. They don't trust other people. If you feel like this then you probably are suffering from thinking too small and limiting beliefs. And if that is your present, it does not have to be your future.

If it's difficult for you to trust people, try this experiment. Instead of walking through life with your head down, lift your chin up. Put a smile on your face and start being helpful. The more helpful you are to others the kinder the world appears to you. For the most part people are nice.

You Dislike Your Competition

Automatic dislike of your competitors is having limiting beliefs and holding on to small or scarcity thinking. You'll see it across all spectrum of society.

Now, it is true that everyone can't sell the same thing and expect to earn enough money if they're selling to the same people. But, it is easier to make sales when the basic product is slightly different or better in some way. That's why there are so many different makeup companies, jeans companies, car manufacturers and so forth. Making something a little better or a little different will pay off.

My personal philosophy is that instead of seeing competition, I see ***co-opetition***. There are ways we can work together and support each other rather than tear down each other and berate others in your field—your competition—to others or on social media.

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A good example of this happens with industry events. When competition gets together in any industry event, the smart people will work hard to meet other smart people who like sharing. They talk together; learn new ideas, and then walk away knowing they can make their offerings better.

This is especially true with networking events or even Masterminds. Many of the people whom I mastermind with could be viewed as my competitors. Yet, we share ideas openly and help each other improve. Each one of us is going to take the same message or content and shape it then present it in our own creative ways to our own market and niche.

You're Just Getting By

Some people tend to earn just enough money to get by. This causes them to be on what seems to be a never-ending struggle just to keep their head above water. They accomplish it, and seem to make the rent each month and never seem to go without. But, they feel as if they're going without because it's always "just enough."

Often this problem can be caused from a negative money mindset.

Some people feel guilty about wanting more. Deep down they think it's selfish to want more. This poor outlook keeps them from ever earning enough to save for a rainy day and can lead to other bad thoughts and feelings that keep them thinking small.

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If you're just getting by right now, congratulations. You're doing it. But, with a little bit more effort, fewer limiting thoughts, and more positive-actions, you can break through and get what you need and more without feeling as if you're taking from others. But first, you must adopt a new way of thinking. One that believes that the world is abundant with all that you and everyone else need.

You're Risk Averse

There is nothing wrong with being careful about the risks you take with your life, other people's lives, and your money. However, if you're not willing to take any risks you're going to end up a very lonely and probably broke person.

Just leaving the house each day carries some sort of risk. Putting your money in the safest Credit Union has some form of risk. Living the life of your dreams will require you to take some risks. They can be and should be educated risks.

Remember taking no risk is also a dangerous choice and could be even riskier than taking an educated risk to do something new and different.

The truth is that scarcity thinking can cause you to make choices that are riskier and more dangerous than abundance thinking. When you think big, you can act in big ways without doing so blindfolded. To avoid making choices based on not wanting to take risks, you should conduct a lot of testing, get educated about a subject, and then make smart choices based on the information you have rather than the information you assume.

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You Act in Fear

Many people who have limiting beliefs and who think small will sometimes act out in fear of loss. If you make choices on the spur of the moment, or you buy things, or own things, you don't like just because someone else did it, you may be acting in fear.

Bad choices are often made out of fear. Why not eat that extra donut today, after all, there won't be anymore tomorrow? Why not spend 1000 dollars on the credit card to buy that couch I like, after all, it or I won't be here tomorrow. You can see where this is going. There is even an acronym for that kind of fear. FOMO = Fear of Missing Out.

What if you were to let go of fear and scarcity thinking, you won't be afraid to put off eating that extra donut until another day. You aren't afraid of doing without and saving your money so you can use it properly in the future.

You Have Little or No Self-Confidence

Many people who indulge in scarcity thinking tend to lack self-confidence. Their real reason for not doing more is that they really don't think they're good enough. They don't really believe they deserve anything. They may even think they're a bad person and don't deserve happiness, money, and their dream life

It may seem contradictory to feel entitled but at the same time lack confidence but often the two go together. Because after a person beats up on other people for having what they want and deserve they'll beat themselves up even more for not being good enough, smart enough, or just not enough ever.

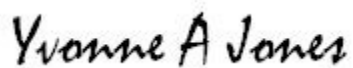
All is not lost. You can overcome the challenge of lack of self-confidence.

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In Days 3 and 4 I will cover strategies to help you overcome many of these challenges.

Now that you understand many of the factors that could be keeping you small and prevent you from your dream life, it's time to help you create an Abundance Mindset, one that stems from thinking big.

Warmly,

A handwritten signature in black ink that reads "Yvonne A Jones". The signature is written in a cursive, flowing style.

P.S. If you have a friend or associate whom you believe would benefit from this e-Course, please invite them to sign-up for their own copy [HERE](#).