

3. I Can't Do This

Why not? That's a limiting belief. A story you keep telling yourself. It could very well stem from childhood or from fear. One thing you must remember, you can do anything you want whenever you want. If you don't know how to do something, learn how to do it. It may not be easy and it may not be quick but it's not impossible. If you want something bad enough, you will figure out a way to do it, including changing your life.

4. They Will Laugh at Me/Think I Am Stupid

Who's they and who cares? Still so many people make decisions based on what other people will think of them. We need to stop doing this and start remembering this our life and we are the only ones to live it. and if they laugh? Who cares. Let them. they are only laughing because their insecurities bring out that emotion in them. It's a nervous embarrassed reaction to their own lack of ambition.

5. What If I Fail?

Oh but darling, what if you fly? Have you ever seen that quote? Many of us won't do or try something for fear of failure. You aren't going to fail. In life there is no failing. We grow, we learn, we evolve and we keep moving forward. There is no option to fail. No matter what you do, it won't be wrong. The only wrong thing would be to not try. You have got to keep growing.

6. I Don't Know How

Yes, you do. Everything you need is inside of you already. All the answers you need are at your fingertips. All you have to do is ask or seek. But we don't. We tell ourselves we don't know how. I'm scared, I don't know how. That's the shittiest lamest excuse ever. Figure it out. You're a smart cookie. If you want answers bad enough, you'll find them. How big is your why?

7. Fear Of Success

This actually is a thing. So many people are actually afraid of success. They have never had it, they don't know what it tastes, looks or smells like. What if they actually get it? Then what? How do successful people act? What are they supposed to do? Go and get it and then you tell me.

There is nothing easy about changing your life. Nothing. But the rewards are worth it. Go out on that limb. Take a chance on you and your new life. You are worth it.

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