

Arguing is a waste of time; even more so when you are arguing with yourself. We can often be blind to our own limitations, but we can also be our own worst critics. Let's talk about how arguing for our limitations is akin to arguing for our defeat.

Why do we keep justifying the limitations that keep us stuck in one place? There are several reasons. Many of us have untrue stories about ourselves, and we see ourselves through a broken lens. I shared a story about my own abandonment issues, and how an incident at four years old affected me until well into my fifties. I believed that I was not worth sticking around for, but that didn't mean it was true. We need to unplug those stories and plug in the truth.

Sometimes we have beliefs that no longer serve us. We change, grow, and evolve, and naturally our beliefs should as well. *Blessed are the flexible, for they shall not be broken.*

Arrogance is the self-perpetuation of this limitation mindset. When we are unteachable, we lose out on the opportunity to bloom where we are planted. You can't sprinkle happiness

seeds and expect them to grow when you are intolerant of everyone around you.

When you stop arguing for your limitations, you'll start to see new possibilities in your life.

**If you don't like where you are, move. You are not a tree.**

How do we challenge our limiting beliefs?

Step 1: Crack the door and take a peek at the possibilities around you.

Step 2: Lay down your ego and get yourself to a place of being teachable.

Step 3: Recognize the pattern in your life.

Step 4: Connect to the truth that you know deep within.

Step 5: Self-care goes such a long way, and it nurtures the parts of your heart that are empty and alone.

As our self-imposed limitations start to fall away, you will see that they become replaced with our new beliefs. It all comes down to focusing on the possibilities around you instead of the limitations. Keep your eyes on your own personal growth.