

We've talked a lot about limiting beliefs, but even as we work on removing them, we have to talk about the language around them.

Limiting beliefs are often habitual thoughts and words that set us up. The brain only understands what you tell it—we have to watch what we say because the implications are vast.

The phrases "I'm trying" and "I can't" are good examples of limiting beliefs because they can ***subtly undermine your commitment to action and reinforce a mindset of doubt and limitation.***

There are other ones of course, but these are the biggest ones that we are all guilty of—am I right?

Let's explore why these statements can be problematic and what alternative approaches can foster a better outcome, setting our brains up for success.

"I'm Trying" and Its Implications

Remember Yoda teaching Luke how to become a Jedi? When Luke said in exasperation, "I'm trying!" Yoda countered with, "Try not. Do or do not. There is no try." And you know how the rest of it went, Luke surrendered to The Force, trusting himself as well, and leaned into DOING.

But beyond Star Wars, “I’m trying” has implications when spoken—these 3 are the biggest:

1. **Lack of Commitment:** Saying "I'm trying" can imply a lack of full commitment to achieving the goal. It often **carries an undertone of uncertainty and leaves room for failure, as it suggests that you are not fully invested in the outcome.**
2. **Creates a Loop of Procrastination:** This phrase can keep you in a **continuous state of attempting without ever completing.** It can become a way to procrastinate, as it might not translate into decisive action or results.
3. **Undermines Confidence:** **Constantly stating "I'm trying" often reflects and reinforces a self-perception of inadequacy or lack of capability, which can erode self-confidence over time.**

Alternatives to "I'm Trying"

- **Be Specific About Actions:** Instead of saying "I'm trying," articulate what you are actually doing. For instance, instead of "I'm trying to lose weight," say "I am following the Hot Melt Sprint and exercising four times a week."
- **Set Clear, Achievable Goals:** Break down your objectives into specific, manageable tasks and focus on achieving them one at a time. This shifts the focus from trying to doing.

"I Can't" and Its Consequences

1. Creates Mental Barriers: **The phrase "I can't" shuts down the brain's problem-solving processes.** It closes off the search for solutions, leading to a dead end where no alternatives are considered.
2. Reinforces Limiting Beliefs: Repeatedly saying "I can't" **reinforces a mindset that focuses on limitations rather than possibilities**, which can hinder personal growth and the ability to tackle challenges.
3. Blocks Opportunities: **This phrase can prevent you from seeing and seizing opportunities.** It creates a mental block where options might exist, but are not perceived due to the self-imposed constraints.

Alternatives to "I Can't"

- Reframe with "I Choose Not to": This shifts the narrative from an inability to a conscious choice, empowering you to take responsibility for your decisions and their outcomes.
- Focus on Solutions: Instead of concentrating on what you can't do, consider what you can do. This shifts the perspective from limitation to possibility and opens up avenues for action and change.
- Use "I Currently Struggle With": This acknowledges the present difficulty while implying that change is possible, turning the statement into a challenge to be overcome.

rather than an immutable fact. ADD IN: “But I know I can do this”...that will open up even more possibilities.

Opening Up Possibilities

Switching from "I'm trying" and "I can't" to more empowering language helps cultivate a mindset that is open to growth, focused on solutions, and is committed to taking actionable steps.

This shift in language reflects a shift in attitude — from a **passive state of inaction to an active state of possibility and responsibility.**

It encourages engagement with the present, a focus on actionable steps, and fosters a resilient mindset that is better equipped to navigate obstacles and work toward desired outcomes.