

Limiting Beliefs

„I HAVE DIFFICULTY PROTECTING MY PHYSICAL HEALTH BECAUSE CONSTANT STRESS IN MY LIFE WEARS ME DOWN.“

„THE CONSTANT AVAILABILITY AND PRESSURE TO ALWAYS BE REACHABLE INCREASE MY NERVOUSNESS.“

„I FIND IT HARD TO DELEGATE TASKS BECAUSE I FEAR THAT NO ONE CAN DO THEM AS WELL AS I CAN.“

„I'M STUCK IN A VICIOUS CYCLE OF DEADLINES AND STRESS, WITHOUT FINDING A CLEAR WAY OUT.“

„I AM IN A STATE OF PERMANENT OVERTIME, AND YET I NEVER FEEL CAUGHT UP.“

„MY SOCIAL RELATIONSHIPS SUFFER FROM MY CONSTANT OVERWHELM AND ABSENCE.“

„THE FEAR OF FAILURE AND THE LOSS OF MY PROFESSIONAL POSITION ACCOMPANY ME CONTINUOUSLY.“

„COMPARING MYSELF TO OTHER SUCCESSFUL PEOPLE ONLY INTENSIFIES MY SELF-DOUBT.“

„MAKING DECISIONS ALWAYS FEELS LIKE A DANGEROUS TIGHTROPE WALK OVER THE ABYSS.“

„THE NEED TO CONSTANTLY STAY ON TOP OF THINGS BURDENS ME PERMANENTLY.“

„THE LIMITED TIME FOR FURTHER EDUCATION ADDITIONALLY STRESSES ME.“

„I FIND IT HARD TO MEET THE HIGH DEMANDS IN MY LIFE, AND OFTEN, I PERCEIVE IT AS FAILURE.“

„IN MOMENTS OF SUPPOSED CALM, CONSTANT WORRIES ABOUT MY SITUATION PLAGUE ME.“

„THE INFORMATION OVERLOAD IN MY LIFE CREATES A CONSTANT STATE OF STRESS.“

„EVEN ON VACATION, I CAN'T SWITCH OFF, AS THE THOUGHT OF MY OBLIGATIONS IS PRESENT AND BURDENSOME.“

„THE INUNDATION OF MESSAGES AND REQUESTS LEADS TO A PERSISTENT STATE OF FEELING OVERWHELMED.“

„SMALL SETBACKS MAKE ME FEEL POWERLESS AND SHAKE THE FOUNDATIONS OF MY ENTIRE LIFE.“

„CONSTANTLY DOUBTING MY ABILITIES DUE TO THE PRESSURE TO BECOME MORE EFFICIENT ACCOMPANIES ME PERMANENTLY.“

„THE CONSTANT STRESS OF ALWAYS BEING ONE STEP AHEAD IN MY ENVIRONMENT BURDENS ME CONTINUOUSLY.“

„FINANCIAL UNCERTAINTY MAKES IT DIFFICULT FOR ME TO TRULY RELAX EVEN FOR A MOMENT.“

„EVEN IN MOMENTS OF SUCCESS, THERE IS BARELY TIME FOR SATISFACTION, AS THE NEXT CHALLENGE IS ALREADY WAITING.“

„THE CONSTANT BALANCE BETWEEN THE NEEDS OF OTHERS AND MY OWN FEELS LIKE A TIGHTROPE WALK.“

„WORRIES ABOUT THE FUTURE OF MY LIFE LEAD TO A CONSTANT FEELING OF RESTLESSNESS.“

„I CAN HARDLY ENJOY SHORT-TERM SUCCESSES BECAUSE THE PREVAILING PRESSURE OVERSHADOWS MY JOY.“

„THE CONSTANT ADAPTATION TO CHANGES CREATES CONTINUOUS STRESS.“

„THE GUILT OF NOT BEING PRODUCTIVE HANGS OVER ME LIKE A DARK CLOUD, EVEN WHEN I ALLOW MYSELF BREAKS.“

„THE OVERWHELM FROM RESPONSIBILITY LEADS TO A PERMANENT SENSE OF TENSION.“

Positive Self Definitions

„I AM CAPABLE OF PROTECTING MY PHYSICAL HEALTH AND ACTIVELY CARING FOR MY WELL-BEING.“

„I AM FLEXIBLE IN MY AVAILABILITY AND CONSCIOUSLY DECIDE WHEN I WANT TO BE REACHABLE.“

„I CAN SHARE RESPONSIBILITY AND EFFECTIVELY DELEGATE TASKS TO CREATE SPACE FOR NEW PERSPECTIVES.“

„I HAVE CREATIVE SOLUTIONS TO CARVE OUT A CLEAR PATH FORWARD.“

„I SHAPE MY WORK MINDFULLY AROUND MY LIMITS AND YET STAY UP-TO-DATE.“

„I NURTURE MY SOCIAL RELATIONSHIPS BY CONSCIOUSLY RESERVING TIME FOR MY LOVED ONES TO STRENGTHEN THE CONNECTION.“

„I FACE CHALLENGES WITH CONFIDENCE AND TRUST THAT MY EFFORTS WILL LEAD TO THE SUCCESS OF MY ENDEAVORS.“

„I ACKNOWLEDGE MY INDIVIDUAL WORTH AND DO NOT LET COMPARISONS WITH OTHERS AFFECT ME.“

„I MAKE DECISIONS THOUGHTFULLY, CONSIDERING THEM AS STEPS TOWARD PERSONAL AND PROFESSIONAL GROWTH.“

„I STAY INFORMED WHILE MAINTAINING A BALANCED LIFESTYLE.“

„I INVEST IN MY EDUCATION, SEEING IT AS AN OPPORTUNITY TO EXPAND MY SKILLS AND CONTINUE EVOLVING.“

„I MASTER THE CHALLENGES OF MY LIFE AND MOVE FORWARD WITH CONFIDENCE AND DETERMINATION.“

„I APPRECIATE MOMENTS OF CALM AND RELAXATION.“

„I CAN CONSCIOUSLY FILTER INFORMATION, CREATING A LESS STRESSFUL ENVIRONMENT.“

„I HAVE A HEALTHY BALANCE BETWEEN PROFESSIONAL COMMITMENTS AND TRAVEL.“

„I ACT PROACTIVELY AND EFFICIENTLY.“

„I VIEW SETBACKS AS OPPORTUNITIES FOR PERSONAL AND PROFESSIONAL DEVELOPMENT.“

„I TRUST IN MY ABILITIES AND SEE CHALLENGES AS OPPORTUNITIES TO IMPROVE MYSELF.“

„I ACTIVELY SHAPE MY PROFESSIONAL PATH IN MY INDUSTRY AND FOCUS ON MY OWN DEVELOPMENT.“

„I CREATE FINANCIAL SECURITY THROUGH CONSCIOUS DECISIONS.“

„I DELIBERATELY TAKE TIME TO CELEBRATE SUCCESSES AND ENJOY THE SATISFACTION BEFORE FACING NEW CHALLENGES.“

„I MAINTAIN A BALANCED HARMONY BETWEEN THE NEEDS OF OTHERS AND MY OWN.“

„I ACTIVELY SHAPE MY FUTURE AND APPROACH CHALLENGES WITH OPTIMISM.“

„I SAVOR SUCCESSES IN THE MOMENT.“

„I ADEPTLY ADAPT TO CHANGES, SEEING THEM AS OPPORTUNITIES FOR PERSONAL ADJUSTMENT AND GROWTH.“

„I VALUE BREAKS AS AN ESSENTIAL PART OF MY PRODUCTIVITY.“

„I CONSCIOUSLY MANAGE MY RESPONSIBILITIES AND HAVE WAYS TO MINIMIZE STRESS.“