

“To Inspire Courage Within”

7 Daily Tips to Conquering Limiting Beliefs



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Welcome!

Welcome to the Style Mogul 4 Success! I'm so pleased to share with you my 7 Daily Tips to Conquering limiting beliefs.

Limiting beliefs are what hold us back from living the life we truly want to live. These ingrained personal limitations prevent us from attaining all of our dreams, our goals, and everything we deserve. They steal our power and our voice.

Lack of confidence and worthiness are often at the root of our limiting behaviors. We often settle for less because we feel that we don't deserve more. This shows up in relationships, personal care, and in our careers. But they can be overcome!

To conquer our limiting beliefs, we simply need to reprogram our minds to recognize how truly *powerful* we really are! I've put together 7 exercises that you can put into practice right away to support your personal growth. When practiced daily, these seven tips will shift your mindset to what is possible when you let go of those old beliefs and open yourself to your limitless potential!

I also invite you to continue to follow my blog where I'll go into each of these into more detail.

I'm excited to see what new possibilities open up for you when you conquer your limiting beliefs. We all have an inner light to shine on the world. Now is your time to shine!

Live as though your life depends on it, and live it with STYLE!

Eva Medilek

Daily Tip #1: Create a Personal Mantra

Today's first step towards conquering limiting beliefs is to create a Personal Mantra.

A personal mantra is extremely empowering. Mantras help us quiet that inner voice that says, I'm not worthy. I'm too old. I can't do it. I'm too fat. Nobody cares. Who am I? Nobody will listen to what I have to say.

Personal mantras help us overcome those old beliefs and habits that prevent us from being our authentic selves. Your mantra will help you own your voice. Realize your power. Have the confidence to try something new and know you will succeed!

Whenever you get into a situation where you feel those old negative thoughts surface, your mantra will help you move forward.

Sometimes our limiting beliefs are reinforced by those around us. We all have friends and family members who discourage us. They say, "Why are you trying to do that? It's going to be hard. You might fail!"

But listen: We can accomplish anything our mind sets out to do.

My limitations came from feeling constantly misunderstood. I thought that what I had to say didn't matter, so I would clam up. I wouldn't express my opinion. I felt I wasn't knowledgeable in some conversations, especially when I started my new career path in Real Estate. These were limitations I placed on myself, and they held me back.

I still occasionally get intimidated by a person of power. I sometimes still wonder, who am I? What do I have to say that could interest this person?

But my mantra helps me own my voice. It gets me out of these situations, gives me confidence that what I have to say does actually matter to people. If not to everyone, at least to someone. When I feel those old limitations creep in I take a step back, take a deep breath and I recite my personal mantra until I believe it.

“Whenever you get into a situation where you feel those old negative thoughts surface, your mantra will help you move forward.”



Create an empowering personal mantra for yourself. Know that it's always there for you when you need help to get out of a situation that threatens to shut down your voice, dampens your power, makes you feel unworthy, or holds you back from your achievements.

Your mantra doesn't have to be long. It can be a few sentences, or even a few key words that say how powerful, authentic, strong, and courageous you are. Your mantra is an extremely supportive first step towards moving past whatever limiting beliefs you fall victim to.

Reciting that mantra over and over again will free you from victim mode and help you realize what a powerhouse you truly are, so you can achieve your goals and dreams and the life you are meant to live!

Have you created your personal mantra? Congratulations! You're already on your way towards conquering your limiting beliefs.

Daily Tip #2: Set a Daily Intention

In my 2nd tip, I'd like to encourage you to create a daily ritual every morning where you set your intention for the day as soon as you wake up. This will give you power over the direction of your mind, which in turn, gives you power over your day and your life.

Setting your intention for the day empowers you to say no to anything that takes you away from what you intend to accomplish.

This daily practice is extremely supportive in conquering limiting beliefs because it creates focus so that you can weed out everything that does not support what you intend to accomplish. It empowers you to say no to anything that takes you away from your goals.

Remember: What you focus on grows. If you focus on negativity—on the fact that you're broke, or nobody likes you, etc.—that is what you will perpetuate, manifest and grow in each day, and every day. This is why it's so important to set your intentions for a positive outcome each morning, while you're fresh, rested and ready to tackle whatever lies ahead.

I sometimes set an intention to focus on all of those people who serve me. Throughout my day, I make a conscious effort to look people in the eye, to focus on thanking them, or even just smile at a stranger when walking down the street. Whatever my action, my intention is to share something positive that lets people know they're appreciated.

I also set daily intentions to manifest money; to create a life of abundance for myself so that I can be generous and give back to the world.

If I know I have something coming up that generally makes me impatient, I'll set an intention for patience. I'll focus on listening to hear, rather than listening to respond. Whatever it is I need to create in my day for a positive outcome and result, I'll set that intention, and head into my day empowered to say no to anything that pulls me away from my intention (like negative thoughts or people) and yes to everything that supports my goals.

When you set an intention each morning, you stay on track for your goals for that day. It's a powerful way to limit your vulnerability to self limiting beliefs, and stay on the path to creating the life you want and deserve!

Daily Tip #3: Create Accountability

One sure fire way to reach our dreams and goals is to break that big picture down into small, actionable, achievable steps that we can set “by when,” or target dates, to reach. This makes those lofty goals less overwhelming; while the accountability keeps us on track and gives us reason to celebrate each step we take on our journey to creating a life that we love.

Remember, the journey of 1000 miles starts with a single step...

Without a series of small, actionable, achievable steps to follow, big goals and dreams can seem so overwhelming that self limiting beliefs creep in and cause us to give up. So whatever goal you set, break it down into a series of small steps, and set a deadline for each step. And take time to celebrate each time you hit those small targets!

Before you know it, what you first thought was too big, was not that big at all!

Another way to create accountability is to tell everybody what you're doing. Get everybody on board with it. Get everybody to support you. Put your word out there. That creates accountability just in itself because you don't really want to end up with egg on your face telling everybody what you're doing but not taking any steps to doing it

Have an accountability partner. It doesn't have to be a coach, just a friend or someone who can check in with you. Let them know your by when date. By this date I'm going to do this first step. Your goal may be six months to a year out, but by creating small, actionable steps with an accountability partner to check in with you along the way keeps you accountable, gets rid of those limiting beliefs and conquers them for sure because you know that you can take one step at a time to seeing the bigger picture, reaching the bigger goal, the bigger dream.

Do a little bit of something every day to get to your bigger goal and you will definitely reach it!



Daily Tip #4: Focus Out



Living a life of generosity and giving is the surest way to spread love, joy, and abundance. When you focus your attention out and onto others, it's the best way to redirect your attention away from your own limiting beliefs.

And the beautiful truth about focusing out is that the more you give, the more you receive. Time, money, resources, a smile; they come back to you tenfold.

When you think you don't have it in you, give more. Don't put limits on your generosity of spirit. You have more than you think, and the joy and satisfaction you get back is tenfold what you give.

How do we focus out?

Practice what it's like to brighten someone's day! Focusing out can mean smiles, hugs, random acts of kindness, or monetary generosity.

Pay attention to others. Put others first. It's really as simple as it sounds!

When I'm stressed, sad, or overwhelmed thinking about everything on my to-do list, I get out of the house and focus out. I'll walk down the street and smile at a stranger, give a few dollars to a homeless person or buy them a meal. I focus on sharing goodwill, on being generous, on thinking about others. Making others feel good lifts my spirits, too!

Focusing out is the surest way to get rid of scarcity in your life. Whether you face scarcity of time, money, resources or energy, just get out there and focus on someone other than yourself and your time will grow. Your energy will grow. Your resources will grow. Even money comes back to you when you give it away.

Remember, love is not love until you give it away.

So the next time you feel you don't have enough time, money, energy or love, practice the art of focusing out. You'll be amazed at the richness that grows back into your life!

Daily Tip #5: Live with Integrity

Integrity means that you are always honest with yourself and others. It means that you stay true to yourself, you keep your word and that you take responsibility for yourself. When you keep our word in all of your agreements, you improve your relationship with yourself and others. To live with integrity means to live in a state of wholeness and peace.

In order to align your actions with your thoughts, you must practice integrity.

The funny thing is that most of us break our promises to ourselves first. This comes from feeling not worthy enough to honor ourselves in word and deed.

We promise we're going to go to the gym today and then we don't. We promise we're going to eat vegetables today and then we don't. Whatever those promises are, we're usually the first ones to break them. So the first step towards living with integrity is to keep your word to yourself.

Integrity is not just about telling the truth. It's also about being honest about how you feel. You don't need to be a people pleaser. Be honest and genuine with your feelings. Keep your word. Keep your promises. Keep your appointments and be on time. Yes, things happen that slow us down, but it's not okay to just show up late. Call, text, renegotiate the meeting time. This clears the space and allows you to remain true to your word.

Living your life with integrity brings prosperity and abundance to your life. When you are honest, forthright and true to your word—to yourself and others—your self confidence and self worth increase exponentially. It's the surest way to increase your value so that nothing can hold you back.



Daily Tip #6: Forgive

Holding on to the past prevents us from moving forward. Forgiving ourselves and others gives us the freedom to create an amazing present and future.

The ability to create the life of your dreams hinges on your ability to let go of everything that happened in your past. Emotional beliefs, past events we hold onto, guilt, resentment—these are huge blocks that prevent us from moving forward.

Forgiveness clears all of that history out of the way, and opens up the path to abundance and prosperity in your life. It frees you to move forward into the life that you deserve.

Holding onto the past, constantly looking backwards, creates fear. It's not a creative way to live. Remember, it's difficult to look forwards and backwards at the same time! As long as you hang on to guilt, resentment, limiting belief systems, and events that caused emotional distress, you'll remain stuck; unable to enjoy the present, and unable to move forward.

Holding on to negativity creates disease in our bodies. It's not a healthy way to live! People who hold on to past anxieties, guilt, disappointments creates a system within you that is fertile ground for disease to flourish in your body. So one of the healthiest things you can do for yourself and for other people is to forgive and let go.

When you release all of that, it's the surest way to move into a more prosperous, abundant life. Suddenly you can enjoy the present, look forward to the future without anxiety, and stay in a constant state of creation.

We can't change the past. But we can enjoy what we're given NOW. Letting go is crucial to moving forward into our dream life.

“We can't change the past. But we can enjoy what we're given NOW. Letting go is crucial to moving forward into our dream life.”



Listen, we're all human. We all make mistakes. You've got to forgive yourself, too! In your personal relationships, think about being more invested in the relationship than in the human being, because people make mistakes. The ability to clear the space, to forgive and move on, is the healthiest way to live.

If you're having trouble with forgiveness, think about whether you are blocked by your need to be right. This is really important. It's human nature to feel a strong need to prove ourselves right in any situation causing resentment, hurt or guilt. But it's healthy to let go of your need to be right. To forgive. And when you do, you can move on.

Because when you are able to do that—to forgive yourself, to forgive others—you are truly able to be free to be able to enjoy the present and to have a full future of prosperity and abundance.

Daily Tip #7: Practice Abundance



What you focus on grows. Focus on abundance.

This can be a challenging one when money is tight, but when you practice an abundance mindset, it's amazing how money flows back to you! Living in scarcity will keep you in scarcity. Living in abundance will keep you in abundance.

This is one that I struggle with almost daily. Scarcity was all around me in my childhood. You see, I grew up with depression-era parents. We always had to scrimp and save, as though we were still living in the depression. My parents are now in their 80s, yet they still have that scarcity mindset. They sometimes even hoard food and supplies. And money too.

Living in abundance means being generous, knowing that what you give comes back to you tenfold.

It means not limiting or denying yourself. It means investing in your own personal growth and development. And knowing that you are worthy.

You are worthy of everything in life that you deserve. The words “I can't afford it” should not be in your vocabulary. Instead, work to change that mindset to “How can I afford it?”

Be creative in your pursuit of opportunities for you to have what you need, what you want, what you desire.



Write them down as goals and create ways to afford the things, you want, even though right now you don't think you can afford them.

Where there's a will, there's a way. Always.

What I want you to know is: You are worthy. You are capable of creating ways to live abundantly. You deserve it. You get to be responsible for it. You have the power to NOT be a victim to your circumstance.

There are ways to create anything you want in your life. As I always tell myself: If it's to be, it's up to me.

You are worthy and you deserve to live the life of your dreams. It's time to stop letting these limiting beliefs hold you back from what you know you are truly capable of, what you truly deserve, and what you truly have the ability to accomplish!

“You are worthy of everything in life that you deserve. The words “I can't afford it” should not be in your vocabulary.”

Eva Medilek



After more than 30 years as a dental hygienist, Eva was downsized from her job in the midst of planning her 50th birthday. That was nearly 8 years ago. She realized that event happened FOR her and not TO her and she began to search for her life's passion. After learning how to invest in real estate, she created a successful investment business to grow her wealth. She eventually started coaching and mentoring real estate investing students but realized that limiting beliefs were holding many of her students back from creating successful businesses. This was especially true in midlife women who truly thought it was too late or that they were too old to make a change in their lives. That's when she started The Style Mogul 4 Success blog to inspire and empower these women not to give up on themselves and their dreams. Eva is on a mission to help women step out of their comfort zone and into a life of WOW through private coaching and public speaking.

“My mission is to share my education and experiences to inspire and contribute to the empowerment of those moving forward in the pursuit of their dreams and goals.”

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The Style Mogul

Live as though your life depends on it, and live it with Style!