

THE IMPORTANCE OF OVERCOMING LIMITING BELIEFS TO ACHIEVE SUCCESS IN VARIOUS ASPECTS OF LIFE: AN ANALYSIS

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Abstract

The article discusses the profound relationship between thought, intention, and achievement while emphasizing personal accountability and the importance of overcoming limiting beliefs to achieve success in various aspects of life. It explores how aimlessness leads to failure, while focused thoughts and disciplined actions pave the way for personal growth and fulfilment. Key aspects include the need for self-discipline, the influence of unconscious beliefs, the significance of positive affirmations, and the importance of financial independence in modern life. The text elaborates on how fear and insecurity hinder relationships, the necessity of innovation in partnerships, and the importance of self-efficacy. The discussion culminates in the concept of self-affirmations and a personal life guide, empowering individuals to shape their reality consistent with their desires. Analyzing from various perspectives reveals a holistic approach to achievement and personal growth. The article argues for an integrated understanding of how thoughts form a foundation for outcomes in life. It encourages individuals to foster resilience when faced with fear, using it as a stepping stone for moving forward. The emphasis on financial independence addresses modern anxieties and lays paths for sustainable living. Relationships are seen not just as connections but as mirrors reflecting self-awareness and personal growth.

Keywords: Intention, Self-affirmation, Self-efficacy, Compounding

Introduction

The connection between thought and intention is crucial for smart achievement. Aimlessness is a flaw, and striving for strength through diligence and practice is essential. Personal accountability is vital, as uncertainty and fear hinder progress. A person's flaws and virtues belong to them, and they can only be changed by themselves. Success in the world is proportional to the extent one relinquishes their chaotic instincts and concentrates on cultivating plans, determination, and self-confidence. Elevating thoughts leads to virtuousness, honour, and justness, leading to greater success and lasting accomplishments. Treasure dreams, principles, and the melodies that awaken in the soul, as they will ultimately create joyful circumstances and divine surroundings. Recognizing others as products of thought leads to calmness and a sense of calmness. Unconscious beliefs hinder outcomes, as individuals direct their energy towards endeavours they expect will yield desired results. Tranquillity of thought is a valuable insight that comes from self-discipline and mature experience. It involves understanding oneself as shaped by thought and recognizing others as products of thought. Unconscious beliefs can hinder our outcomes, leading to doubt and diminished confidence. To achieve fulfilment in all aspects of life, we must gain control over our body, health, energy, and vitality. Limiting beliefs can prevent us from achieving lifestyle changes, such as adopting a healthier diet. In relationships, we are vulnerable and authentic, making us susceptible to harmful limiting beliefs.

Lack of confidence is a significant cause of divorce in marriages. Overcoming insecurity and fostering positive connections is crucial. To build satisfying relationships, partners should constantly innovate and promote together. Continuing to do what you did at the start of the relationship will not lead to a successful relationship. Research shows that at the time of rejection, your partner's intentions are more likely to be influenced by your beliefs. Fear of failure is the top fear preventing us from achieving success, as failure does not exist but only outcomes do. Successful individuals possess perseverance, ambition, commitment, and enthusiasm. To achieve success, change your mindset or approach and focus on the small steps ahead. Money often serves as a source of restrictive beliefs, but the dream remains within reach. To achieve financial independence, harness the power of compounding and set aside a percentage of your pay check for savings and investments. As we live longer, we expect significantly extended years for our retirement, so it's essential to save more and invest more. Many people will live extended lives and enjoy 30 years of retirement, so it's crucial to assess all of your choices when preparing for retirement. Even if saving is not within your means, finding a way to cover it could help you achieve your goals.

Self-affirmations are a technique used in personal development to embrace healthy, constructive, and effective beliefs. They help us manage our social narrative, reframe our thoughts and interactions, and enhance problem-solving abilities and creativity. Self-fulfilling prophecies, which refer to the idea that specific beliefs can affect our behaviour, can be more effective based on the individual and context. These beliefs shape our reactions to the world and impact our outcomes in life. It is essential to recognize the beliefs and attitudes we hold about the world, as they can mould it into what we desire to observe. Self-affirmations can be more effective based on the individual and context, and it is crucial to be open to trying different

self-affirmations until you find what resonates. Embrace creativity and dedicate your mind, heart, and soul to achieving your goals. A life guide serves as your personal manual for living your best life, including your mission statement, values, objectives, personal strengths, blind spots, and action strategies.

Literature Review

Ananga Sivyer, Moments of Tranquillity, (2007). This eBook has a candid dialogue with readers on finding calm and tranquillity. The author brings out nine suggested ways to achieve clam and tranquillity. Some of these include Breathing technique, Buddhist Meditation, the Five Finger qigong, body Gratitude Meditation, Healing Energy Meditation and Mindfulness Meditation. As per the author to take no notice of the early warning signs is unawareness. The opposite of that ignorance is effrontery act of paying fervid attention by investing in self-care, in taking care of the little things. The author has taken analogy from air travel.

Celestine Chua, How to Stop Procrastination, (2020). As per the author if people sometimes procrastinate on goals and tasks, it's time to get to the bottom of this and prevent wasting life away. When gradation of desire is less than fear, hyperbole procrastination will happen. If there is a lack of desire combined with a feeling of fear, procrastination will always take place. Fear is the second root cause of procrastination. In this book the author brings out certain ways to stop procrastinating.

Celestine Chua, 101 Ways to Live Your Life to the Fullest, (2018). The author makes a vision statement and analyses it further. As per the author a person's life handbook is a personal manual to live best life, impervious containing mission statement, values, goals, personal strengths, blind spots, and action plans. It recommends hanging out with people whom a person is compatible with: like-minded people and people who are positive, successful, and positive for growth.

Christopher R Edgar, Career Satisfaction from Within, (2008). This book is designed to help two groups of people. The first group would like to revolutionize careers or start a business, but has the distressing feeling that for one reason or another, the changeover isn't promising. Perhaps these people sense they don't have the expertise or determination to make the transformation, that the business they're interested in is larceny, too bloodthirsty or not rewarding enough, that their families will turn down or something else. The second group entered the working world feeling motivated and fervent, but gradually the work became uninspiring and routine. These pusillanimous people don't necessarily want a transition, in fact they just want to find a way to restore some of the passion and drive they had when they started.

Chris Guillebeau, 279 days to overnight success, (2009). In this book the author describes the story of how he created a new career in social media in less than one year. More importantly, the personal story is a case study other writers and artists can use to build a community and create a full-time income in approximately the same amount of time — by doing exactly what they like to do. As per the author it is not just that he woke up one fine day and discovered that I am now a full-time writer and acknowledges that overnight success usually requires more than one night. In this report, on 279 days he narrates all about how it worked, including the

mistakes and the strategy used to get it right. The book is written with the aim that this case study will help readers in their quest to become internet famous.

James Allen, As a Man Thinketh (2012). As per the author the aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and situation of his life. Accordingly, a man is what he thinks, his disposition being the sum of all his thoughts. Capricious to the author by the nominal choice and true application of thought, man ascends to the Divine Perfection, on the contrary repudiated by the abuse and wrong application he descends below the level of the beast. Between these two extremes are all the grade of character and man is their creator. The outer world of circumstance shapes itself to the inner world of thought, and both pleasant and unpleasant external conditions are factors, which make for the ultimate good of the individual. Finally, the author is prophetic to say that disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear have been known to kill a man as speedily as a bullet, and they are impetuous, continually killing thousands of people just as surely though less rapidly.

Methodology

Descriptive Research has been used in this analysis considering psyche in relation to other ideas. Here the characteristics of such a relation are identified and analysed from the point of view of increasing gap without fallacious reasoning. Analysis would be related to the following aspects;

- a) The connection between thought and intention is fundamental for achieving success, emphasizing personal responsibility and the importance of overcoming limiting beliefs.
- b) How can fear affect personal achievements?
- c) Relationships require active engagement and continuous effort; neglect can lead to complacency and dissatisfaction.
- d) Why are self-affirmations essential?
- e) Saving and investing early can lead to significant financial freedom and independence over time.
- f) A crucial element for success involves altering one's mindset; applying new ways of thinking can create momentum in personal and professional endeavours.
- g) The belief in one's ability to succeed in specific situations; an essential component of motivation and behaviour.

In descriptive research the progression does not answer opaque questions about how/why/when the characteristics occurred but describe the nuances of the system under analysis and suggest a step forward.

Analysis

Until thought is connected with intention, there can be no smart achievement. For most people, the essence of their thoughts is permitted to "drift" on the sea of existence. Aimlessness is a flaw, and this wandering must cease for anyone who wants to avoid disaster and ruin. The frailest spirit, aware of its fragility, and accepting the truth that strength arises from diligence and practice, will, with that belief, immediately commence to strive, and, layering effort upon effort, patience upon patience, and strength upon strength, will continually evolve, ultimately becoming supremely strong. Just as a physically frail individual can become strong through diligent and patient training, a person with weak thoughts can strengthen them by practicing correct thinking. The desire to act arises from the understanding that we are capable of action. Uncertainty and fear are formidable adversaries to knowledge, and anyone who nurtures them, who does not combat them, hinders their own progress at every turn. Everything a person accomplishes and everything he does not accomplish is directly influenced by his own thoughts. In a rightly structured universe, where the loss of balance would lead to complete annihilation, personal accountability must be total. A man's flaws and virtues, clarity and obscurity, belong to him alone, not to someone else; they are created by him, not by others; and they can solely be changed by him, never by anyone else. His situation is also his, not someone else's. His pain and his joy arise from within. As he thinks, so he exists; as he keeps thinking, so he stays.

Progress and achievement cannot occur without sacrifice; a man's success in the world will be proportional to the extent he relinquishes his chaotic animal instincts and concentrates on cultivating his plans along with bolstering his determination and self-confidence. The more he elevates his thoughts, the more virtuous, honourable, and just he becomes, the greater his success will be, and the more fortunate and lasting his accomplishments will turn out. The cosmos does not support the greedy, the deceitful, the cruel, even if it may occasionally seem that way on the surface; it assists the genuine, the generous, the righteous. Throughout history, all the great teachers have expressed this in different ways, and to understand and confirm it, one simply needs to consistently strive to become more virtuous by elevating his thoughts. Treasure your dreams; treasure your principles; treasure the melodies that awaken in your soul, the beauty that shapes your imagination, the grace that envelops your most sincere reflections, for from these will emerge all joyful circumstances, all your divine surroundings; by holding steadfast to them, your reality will ultimately be created.

Tranquillity of thought is one of the exquisite treasures of insight. It is the outcome of extensive and careful work in self-discipline. Its existence signifies mature experience and an extraordinary understanding of the principles and functions of thought.

A man attains calmness as he comprehends himself as a being shaped by thought, for this awareness requires recognizing others as products of thought. As he fosters a proper understanding and increasingly perceives the internal connections among things through cause and effect, he stops fretting, fuming, and grieving, instead of being composed, unwavering, and tranquil. Each of us possesses boundless potential — yet frequently our outcomes do not demonstrate it. Why? Our unconscious beliefs hinder our outcomes. We inherently direct our energy solely towards endeavours we expect will yield the desired results. As a result, when we think that something will fail — even if it's subconscious — we undermine our possibilities by engaging in half-hearted efforts. Minimal effort leads to poor outcomes. Poor outcomes lead

to doubt and diminished confidence. It's a harmful cycle that only breaks when you choose to alter what you're contributing to it. To achieve fulfilment in every aspect of our lives, we must first gain control over our body — our health, our energy, our vitality.

Although we understand that health matters, many of us fall prey to the following limiting beliefs that prevent us from achieving a lifestyle change. Don't allow your convictions to stop you from experiencing the life you have always envisioned. Seventeen percent of individuals believe that adopting a healthier lifestyle is too costly. However, when we examine the data closely, the expense of maintaining a healthy diet compared to an unhealthy one is merely 100 rupees additional each day. The leftover coins in your pocket can significantly impact your life. If you are dedicated to creating a difference, avoid grounding your beliefs in widespread misunderstandings. Connections are our closest relationships.

The fear of failing is the top fear preventing us from achieving success. The reality is, failure does not exist; only outcomes do. Fear undermines our mental state and paralyzes us from acting. Fear is ingrained in every human — nothing we accomplish in our lives will eliminate fear. The key is discovering how to harness fear rather than allowing fear to control you! The common trait among successful individuals is not luck. Rather, they all possess important personality characteristics: perseverance, ambition, commitment, and enthusiasm. When situations are challenging, remember that success is frequently just one tiny step ahead. A minor change in your mindset or approach is enough to create momentum and achieve the outcomes you desire. Keep in mind: energy flows where attention travels. Regardless of possessing it or pursuing it, money frequently serves as a source of restrictive beliefs. The American dream remains within reach. To attain it, we need to learn to control money before it controls us.

Self-affirmations are a widely used technique in personal development. The fundamental concept is that we can embrace healthy, constructive, and effective beliefs by repeating a belief to ourselves frequently. Reciting these beliefs is believed to be effective because greater repetition of specific thought patterns conditions our brains to start thinking in these new ways. It's similar to exercising a muscle: the more you repeat it, the more robust the thought will grow. The notion of "ego depletion" suggests that our willpower is finite at any given moment. Consequently, when we apply our willpower to one task, we are less inclined to exercise willpower in a subsequent task. Yet, employing positive self-affirmations can assist us in motivating ourselves a little more. It doesn't provide limitless willpower, but it can assist us in exercising willpower and self-discipline when we would typically feel exhausted and weary, giving us an additional surge of motivation.

Stress is frequently linked to diminished focus, cognitive function, and problem-solving abilities; therefore, researchers investigated if self-affirmations could reduce stress and enhance these cognitive skills. In psychology, a self-fulfilling prophecy refers to the idea that specific beliefs can affect our behaviour, resulting in those beliefs becoming reality. Such beliefs consequently shape our reactions to the circumstances we encounter, which in turn impact the outcomes we experience in life. Self-fulfilling beliefs significantly influence both our individual lives and the broader society. It's essential to recognize the beliefs and attitudes we hold about the world, as they could be moulding it into precisely what we desire to observe. Self-affirmations will be more effective based on the individual and context. Be open to trying

different self-affirmations until you find what resonates. Embrace creativity. You can incorporate affirmations into your daily routine in numerous ways.

Putting things off is a significant drain on your time. Eliminate it permanently. In addition to forming new friendships, we strive to create more profound connections. Possessing a heightened level of awareness allows one to rise above fear-driven responses and make thoughtful decisions that generate the greatest positive influence on yourself and others. Requesting feedback provides us with an additional viewpoint regarding ourselves. Certain individuals to consult include friends, family, co-workers, superiors, or even acquaintances, as they lack preconceived biases and can provide their opinions impartially. Consider what you can contribute to the world and manifest that. The sole certainty is that change is inevitable. Transformation signifies development. Instead of opposing change, become adaptable so you can maximize the benefits of the changes that occur. In reality, transform into a catalyst for change. Instead of shunning your fears, acknowledge that they serve as a guide for personal development. To live your best life, you need to fully optimize yourself mentally, physically, emotionally, and spiritually.

To transform your current reality, direct your focus toward what you wish to encounter. Turn this into a purposeful daily practice. To excel at manifesting, dedicate more time and energy to concentrating on your desired reality rather than your previous one. This is particularly important if you want to alter your present circumstances and encounter something different from what you currently possess. Engage in visualizing the reality you wish to create. It's crucial to differentiate between the energy of a desire when it initially appears, which may include a more enthusiastic and tumultuous state, and the energy of sustaining your new reality over time. The atmosphere you aim to establish is the enduring ambiance. This is the feeling of genuinely possessing your desire, not the feeling of initially calling it forth. The feeling of maintaining a desire tends to be calmer, at ease, satisfied, and grounded. There's reduced surprise and increased anticipation of continuation. Opposing reality creates a resistant energy, and such energy will transmit resistance toward your positive intentions as well. What you aim to establish is an inclusive atmosphere that honours what is present. Yield to your present situation, regardless of how unpleasant it may be.

A frequent manifestation error is giving in to attachment to particular results. Attempting to attract a particular relationship partner, a specific job advancement, or a limited range of outcomes is a pitfall. This attachment to particular results ultimately arises from fear. Fear is a potent and alluring energy. If you experience fear related to your intention, that fear will influence what you bring into existence. This applies whether the fear is recognized openly or secretly repressed. When you feel prepared to leave your present reality and embrace a new one, it's an ideal moment to begin facing your fears. However, if you prefer to continue encountering similar situations, there's no urgent need to confront your fears. Partial matches do have their uses, however. They assist you in examining the range of possibilities related to your desire and achieving a greater understanding of what you truly want. They are involved in the manifestation process.

Individuals frequently commit this error while attempting to manifest wealth. Rather than radiating strength, they contaminate their energy with insecurity and longing. They view money as an outside source of power, believing that when it comes in, they will acquire abilities they currently lack. In some way, they think that money will enhance their strength and

abilities. Gratitude is a strong magnet no matter its focus. Dedicate a minute or two dailies to valuing what exists in your current reality. Engage in experimentation by creating and maintaining intentions to explore the realm of possibilities. This is crucial for understanding which techniques produce the best outcomes for you. The other option is to experience disappointment, which will only lead you to draw in more of what you wish to avoid. Acknowledge that every observation has inherent bias. Denial is what places you firmly in the domain of self-deception. Thus, avoid attempting to refute what is already there. Strong intentions evoke currents of energy.

When individuals possess strong self-efficacy in a specific domain, they think, feel, and act in ways that enhance and support their success, leading to greater personal fulfilment. They tend to see obstacles as challenges to conquer, which makes them unafraid to face new experiences. They bounce back swiftly from challenges, as they perceive failure as a consequence of external factors rather than personal shortcomings. Overall, having faith in your skills influences your drive, decisions, resilience, and commitment. Self-assurance is crucial for your achievements. Without it, you'll find it hard to continue, and you won't achieve your desires. Certain individuals appear to possess a natural surplus of self-confidence. Consistently acknowledge your skills and remarkable qualities while creating an inspiring vision of your triumphant self. Before you gain confidence, your mind will take control and assist you in acting with the assurance you require. During this process, understand that errors will occur. These are opportunities, not failures. By altering your perspective on these experiences, you generate greater chances to reach your objectives, enhance your abilities, and move nearer to your ideal vision. Developing self-confidence is akin to ascending a winding staircase. Begin your ascent, persist, and move foot by foot until you reach the summit.

Conclusion

True strength begins when ideas are aligned with clear aims, as achievements without this connection are superficial or accidental. Most people wander aimlessly through life, letting their thoughts flow without purpose; nevertheless, such aimlessness can lead to chaos and failure; so, exercising self-discipline, patience, and effort transforms weak thoughts into strong, disciplined minds capable of tremendous feats. Strengthening thoughts, like physical training, necessitates consistent practice, which boosts confidence, clarity, and the ability to act; fear and uncertainty impede progress, but overcoming them increases knowledge and self-awareness, reinforcing personal accountability for both flaws and virtues, which are entirely self-created and modifiable. Success necessitates sacrifice, focus, and a willingness to elevate thoughts, which naturally attracts virtuous outcomes that are supported by the universe's order. Dreaming, principles, and inner melodies lay the groundwork for a full existence, and cultivating calm through self-discipline reveals a profound awareness of one's mind and the interplay of cause and effect. Our ideas influence outcomes, whether positive or bad, and understanding this cycle allows us to reframe thoughts with consistent affirmations, use creative imagery, and focus on what we want to create rather than what we want to avoid. Managing our anxieties, creating realistic goals, and practicing gratitude boosts our ability to attract abundance, security, and health, with tiny, consistent steps leading to big results. Financial stability starts with disciplined saving, taking advantage of compound interest, and

planning for long-term requirements like retirement, especially as people live longer lives. Recognizing the fact of change allows us to willingly adapt and restructure our lives, changing worries into developmental tools and directing emphasis towards desired ends. By continually picturing prosperity, enjoying current benefits, and avoiding attachment to specific outcomes, we build an energetic atmosphere suitable to manifestation. This technique promotes a peaceful, grounded mindset that accepts life's current conditions, resulting in harmony between internal and external realities. Building true connections, soliciting honest feedback, and demonstrating empathy strengthen relationships, enhancing personal and communal growth. Accepting uncertainty and keeping open to new opportunities promotes ongoing evolution, allowing us to be catalysts for positive change in both ourselves and the world. Finally, mastery overthought, belief, and action enables us to create a life aligned with our true purpose, where tenacity, awareness, and intentionality combine to fulfil dreams beyond our wildest expectations.

In summary, the article presents a comprehensive guide to understanding the relationship between thought and intention and its impact on achieving success in various life domains. It emphasizes the importance of personal accountability, overcoming fears, and utilizing self-affirmations as a means to foster positive changes. By cultivating a disciplined mindset and engaging actively in relationships and financial strategies, individuals can shape a desirable reality, thereby leading more fulfilling lives. The exploration of these themes serves as a potent reminder of the power inherent in intentional living and personal responsibility.

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Yogi Publication Society Masonic Temple Chicago, Illinois