

Limiting Beliefs Challenged & Changed in 2012

1. 'You can choose your friends but you can't choose your family'
2. 'Sit up straight or you'll get round shoulders'
3. 'Head Strong'
4. 'Pain in the neck'
5. 'A waste of space'
6. 'Tarred with the same brush'
7. 'Bullshit baffles brains'
8. 'Don't throw the baby out with the bath water'
9. 'Twist my arm'
10. 'The world is my oyster'
11. 'A problem shared is a problem halved'
12. 'Life is a ball'
13. 'Life should be fun'
14. 'You have to take life seriously'
15. 'Losing my mind'
16. 'Waste not, want not'
17. 'Make do and mend'
18. 'Look after the pennies and the pounds will look after themselves'
19. 'Easy virtue'
20. 'Money is no object'
21. 'Give them the cold shoulder'
22. 'Shoulder the blame'
23. 'Better safe than sorry'
24. 'Safe & sound'
25. 'If you can't beat them, join them'
26. 'Like a red rag to a bull'
27. 'Forces of nature'
28. 'Get your teeth into it'
29. 'Eaten alive by insects'
30. 'A time of plenty and a time of scarcity'
31. 'Wet behind the ears'
32. 'A dead & alive hole'
33. 'Shouldering the blame'
34. 'Turning my back'
35. 'Facing the music/consequences'
36. 'A glutton for punishment'
37. 'I am a spiritual Being having a physical experience'
38. 'Time is eternal'
39. 'Space is infinite'
40. 'Reality is continuous'
41. 'Unconditional love'
42. 'The energy that created a problem will never find the solution'
43. 'Two wrongs don't make a right'
44. 'There is no I'
45. 'Keep in touch'
46. 'Don't squander your money'
47. 'The more you give, the more you receive'
48. 'Burning a hole in my pocket'
49. 'Waste not, want not'
50. 'Spoilt for choice'
51. 'Getting steamed up'
52. 'No sense of urgency'
53. 'Head in the clouds'
54. 'Shoulder the blame'
55. 'Broad shoulders'
56. 'Twist my arm'
57. 'Lend me your ear'
58. 'Ear to the ground'
59. 'Bend your ear'
60. 'Wash your ears out'
61. 'Open your ears'
62. 'Your ears are flapping'
63. 'I'm worn out listening'
64. 'Seeing eye to eye'
65. 'When it's gone, it's gone'
66. 'There's plenty more where that came from'
67. 'Makes your skin creep'
68. 'Comfortable in my own skin'
69. 'Got me by the balls'
70. 'Playing hard-ball'
71. 'Got the balls for it'
72. 'Brains in my balls'
73. 'Water on the brain'
74. 'Brain drain'
75. 'Too clever by half'
76. 'Nothing is free'
77. 'No such thing as a free lunch'
78. 'Like a bull at a gate'
79. 'Hard-work never killed anyone'
80. 'Too much like hard-work'