

## Limiting Beliefs Challenged & Changed in 2013

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1. 'Don't be cheeky'
2. 'Up a gum tree'
3. 'A common cold'
4. 'Fed up to the eye teeth'
5. 'If you don't do as you are told, you'll get a thick ear'
6. 'Two wrongs don't make a right'
7. 'Shoulder the blame'
8. 'Come hell or high water'
9. 'You need to keep your strength up'
10. 'I always get what I don't want'
11. 'Going through the motions'
12. 'Come back down to earth'
13. 'Back to the grindstone'
14. 'At risk'
15. 'It's a minefield out there'
16. 'Swings & Roundabouts'
17. 'Robbing Peter to pay Paul'
18. 'It's of no matter'
19. 'Off the cuff'
20. 'Bury our differences'
21. 'There's nought as queer as folk'
22. 'Your sins will find you out'
23. 'Make the best of it'
24. 'Throwing good money after bad'
25. 'Pick on someone your own size'
26. 'Cut them down to size'
27. 'Size matters'
28. 'I'll know it when I see it'
29. 'Enough to get by'
30. 'Scrape a living'
31. 'That will suffice'
32. 'If at first you don't succeed'
33. 'Sticking to my guns'
34. 'When it's gone it's gone'
35. 'There's plenty more where that came from'
36. 'Taking a liberty'
37. 'Highly strung'
38. 'There is no excuse for that'
39. 'Being phased'
40. 'Stealing my thunder'
41. 'If the cap fits'
42. 'Things always happen when you're not expecting them'
43. 'My feelings have got the better of me'
44. 'Keep your hair on'
45. 'Don't blow your top'
46. 'Don't cause a stink'
47. 'A bad smell'
48. 'There is no shame'
49. 'That's a shame'
50. 'No Man is an island'
51. 'The meaning of money'
52. 'You have to be realistic'
53. 'A nigger in the wood pile'
54. 'A fly in the ointment'
55. 'Fortune favours the brave'
56. 'There's no such thing as a free lunch'
57. 'You never know your luck'
58. 'Spoilt for choice'
59. 'See it through to the bitter end'
60. 'Too good to be true'
61. 'Never mix business with pleasure'
62. 'Beauty is only skin deep'
63. 'Never look a gift horse in the mouth'
64. 'Great minds think alike'
65. 'I'm damned if I do'
66. 'I'm damned if I don't'
67. 'The lesser of two evils'