

Our Self-Imposed Limits.

Dear Penfabricans,

What do we see in ourselves? We think we know ourselves so well; what we can do and what we can't! By this notion, we impose limits on what we can do. As such, our success and performance become self-limiting. Therefore, it truly matters what we believe in.

So what are the beliefs about ourselves that are self-limiting? What beliefs do we harbour that impede us from attaining our dreams and living our lives to the fullest? To expand our horizon and eradicate our self-limiting beliefs, let us begin by first identifying one such limiting belief. Is it our prejudices? Our upbringing? Or something else? Think it over.

Then, start working on reversing such limit consciously and conscientiously by pushing ourselves to overcome the challenge. Put up a time table to push the limits daily until we succeed. Persistence brings about miraculous changes. Be assured that breaking through the barriers will bring about personal as well as professional growth. We may even feel that we have finally broken free from our lifelong shackles.

Sometimes when we come to an impasse and unable to turn the tides, find out the root causes from where such limits come into being. Scrutinize the evidence and circumstances that undermine our ability to overcome the obstacles. Replace such limiting beliefs with our positive reinforcement of limitless possibilities once we put our hearts and souls into it.

When we impose limits on ourselves in our lives and at work, we tend to underestimate our capabilities that could make us winners. Thereby, we

settle at being second best. Our contribution to our company, social circle and society at large becomes stunted and mediocre.

Dear Penfabricans, dream. Dream a big dream. After all, what's a dream if it isn't a remarkable humongous one? Then, pull out all the stops. Shoot for the moon. Believe in ourselves. The sky is the limit. Stop second guessing if we can succeed. Work on our beliefs. Materialize them.

Have a challenging weekend.
Make impossible Nothing.

Thank you.
With kind regards,
HSTeh.