



## Key Advice

List of potential limiting beliefs in the context of professional development:

- It has to be perfect
- I want to be liked
- Never mind, no one will listen to me anyway
- I'm not going to succeed
- I'm not good enough
- I don't know how to handle it
- I have to prove myself
- I am responsible for everything
- I have to go faster
- I have no influence
- I should avoid criticism
- I need to stay in control
- I must not make mistakes
- If I work hard enough, I will succeed
- .....