



UNBOUND

Break through your limitations and step into personal freedom

PHYSICAL LIMITATIONS

Physical limitations include:

- our bodies
- our actions

***Please note:** *I'm not talking about our actual physical abilities or medical conditions. Please use caution when exploring physical limitations if you have any physical or medical concerns.*

Most physical limitations fall into one of two categories:

Action
Inertia

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PHYSICAL LIMITATIONS

#1: Inertia: Where We Stop

Our limitations show up in two places: in the body and in our actions.

In the body

This limitation shows up when we allow the body to stop before we need to, when we don't push ourselves past that point, or don't use our body to the best of its abilities to explore new parts of ourselves. We may wish we could keep going, but don't believe we can.

For example, when running or exercising, we decide on a point where we will stop. We think we're making a decision about the duration of the workout based on what will feel satisfactory to our desired outcome. What we are really doing is setting a limitation. In many cases we do this based on past experiences (I can run this far or do so many reps), rather than showing up with curiosity. **When we make a decision in our minds about what is good for our bodies, we ignore our intuition in service of our ego.**

When exercising or doing anything that requires moving our bodies or lifting heavy things, we obviously want to be safe, but if we can become aware of the thoughts that we're having, we might notice that our brain begins to ask "When am I going to stop doing this?"

Checking in

When you start to feel either like "I can't do it" or "I want to stop", ask yourself: is my body saying "stop, this hurts"? Or is my mind telling me "I can stop, this is good enough" or "I can't do it, it's too hard"? **If it's your body, stop and honor that. If it's your mind, then know that you are on the verge of a breakthrough.** If you can stay with it and push past that point, then you get to explore new levels of yourself, new capabilities.

The reason we don't experience that breakthrough more often is because we allow ourselves to stop where it feels comfortable to stop.

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PHYSICAL LIMITATIONS

#1: Inertia: Where We Stop

In our actions

This inertia shows up in our actions as well, but it may look more like a sudden loss of motivation. You're left feeling confused, like you wish you could keep going and you don't really understand why you've lost it. You start to believe that you've failed.

Your brain will begin to tell you things like:

- I'm not good enough
- I haven't got what it takes
- I'm not making enough of an effort
- I'm a failure

You might think that it's your thoughts that are blocking you, but your thoughts are what create your emotions. There's often something there that we're not willing to feel. Losing your motivation can create disappointment and a sense of failure, but what is really happening is just that you're trying to push through without stopping to process the emotion.



Failure itself is really just a thought that doesn't serve you.

We can't fail if we slow down and get curious about what is happening. By getting curious about what is stopping us, we will actually learn more, which will lead to more success.

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MENTAL LIMITATIONS

#2: Action: Where We Indulge

This is where we continue to do something even though we wish we wouldn't. In the body, one example is craving something that we wish we could resist. What's happening is that we're trying to take action to find ways to fill a part of us that feels empty. Often, we end up indulging in things that aren't helpful or meeting our needs. **This mostly leads to shame and self judgment, which fuels more negative emotions and leads to continued indulgence.**

We also indulge in the notion that we can change our actions in order to change our results. **This leads to hustle, which is the act of trying to outmaneuver our fear of failure.** We can rationalize this behavior, particularly if it looks productive, such as planning, researching, or making to-do lists. **Here, we're just indulging in the idea that we can fix the problem.**

We also indulge in actions that take us away from the perceived problem, and we withdraw. This is called buffering, and typically includes increased activities such as watching television or spending time on social media. You can read more about this in the Emotional Limitations section.

Whether we're buffering or hustling, really what we're doing is trying to avoid feeling something uncomfortable.

Neither action nor inertia put us in control of anything.

We are giving our control over to the circumstances outside of us and the emotions within us. This is where we end up quitting, feeling failure, shame and judgment. These feelings create thoughts about not being good enough and not being capable, and perpetuate the cycle of limitation.



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