

# limiting beliefs or universal truth?

## limiting belief or universal truth?

<b>From the following statements, tick whether you think it is a universal truth or a limiting belief:</b>	<b>Universal Truth</b>	<b>Limiting Belief</b>
I am born, you live and you will ultimately die		
I am required to have an education		
I am required to pay taxes & National Insurance contributions if I am living and working in the UK		
I have a right to vote, and must use that right		
At 40 it is too old to have a child		
I can run 5K but would never be able to run a marathon		
I'm no good in interviews		
I can't stop smoking as I have been smoking for years		
I've just bought a new house which needs quite a bit of work. I'm going to have to get someone in to help me as I am never going to be able to do project manage it		
I can't go anywhere without my mobile phone as people might want to get hold of me		
The sun rises in the East and sets in the West		
There are 12 months in a UK calendar year		
There are 365 days in a year, except for a leap year when there is 366		

Remember, a universal truth is the only type of truth that is not relative to the person or group making the claim. Science by and large, provides us with universal truths, or at least it aspires to. Legislation also gives rise to some elements of universal truths such as if you are caught driving above the speed limit there will be a penalty, or if you are caught driving without a seatbelt, there will be a penalty.

