

BELIEFS

What are your major beliefs about life?

Life is

Life

Life

Life

What are your major beliefs about relationships?

Relationships

Relationships

Relationships

Relationships

What are your major beliefs about yourself?

I am

I

I

I

What are your major beliefs about your career/work?

What are your beliefs about the issue(s) most prevalent in your life at this moment?

Review what you have written. Select the four most negative and let's work with those first. Write them down separately.

1. _____
2. _____
3. _____
4. _____

Your first negative belief is:

Why/how did this get created?

Revise to a less negative statement. For example, "Life sucks!" could be "Life is full of ups and downs." Those words already start to mitigate the belief in a more positive direction.

Take another step. For example, change "Life is full of ups and downs" to "Life lets me choose how I perceive it." Suddenly the power has shifted to your hands. Try it with your new belief statement.

Good. How does this new belief statement feel? Better than the first? Then scratch out the original belief and replace it.

Repeat this process for the other three negative beliefs. Then write a new list of those beliefs.

1. _____
2. _____
3. _____
4. _____

See how easy it is to change beliefs! Don't these new beliefs feel more empowering than the old ones? You can migrate old beliefs one step at a time until what you choose to carry feels the way you want to feel – **safe, confident, empowered, successful, and capable**. You really are all these things – you just need to realize it.