

**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.