

## Belief

**Dictionary:** An acceptance that something is true or that it exists. Trust, faith, or confidence in someone or something.

This exercise is designed to be a lifelong tool. This kind of self-reflection work is never done. This worksheet provides you the framework to become more self-aware and begin to make real permanent change. That is never a quick process, so take your time. It's also important to remember to be kind to yourself. That's not permission to avoid hard things, but don't be too hard on yourself. Self-awareness hurts sometimes. It won't all be sunshine and rainbows, but understand it's just part of the process and you will be better and stronger in the end.

### How to Use This Worksheet

Steps 1-7 should be done one day at a time. For example, Monday step 1, Tuesday step 2, etc. You can take longer but the idea is to avoid mentally switching from positive to negative on the same day. Step 8 should be done one belief at a time. Really sit with it until you are confident you completely understand it. This step is deeper work and needs more time to complete.

1. List as many positive beliefs you have about yourself. For example, I'm good at math, or I'm a caring person. List them out.
2. For each belief list as many reasons you can think of proving the validity of that belief. For example, I'm good at math because it was easy for me to learn and I got good math grades in school.
- 3 & 4. Repeat steps 1 & 2 but now do the exercise with negative beliefs.
5. List things you wish you could do. They can be unrealistic superpowers but should also include real world things. For example, I wish I could be independently wealthy, run a marathon, etc. List them all out.
6. For each real-world wish, listed what you would have to believe to make that wish a reality.
7. For each real-world wish, listed what belief you have that will slow you down or prevent you from achieving your wish. What you think will slow you down or prevent you from achieving something it should be added to step 3 if it's not already there. If you add something to step 3 you need to complete step 4 as well.
8. Complete the Belief Analysis worksheet for each of your beliefs.

## Belief Analysis

On the "Belief" line below, write down one of your beliefs. Allow yourself to mentally revisit the specific situation that helps you feel this belief. Then question the concept in writing, using the following questions and turnarounds. When answering the questions, close your eyes, be still, and witness what appears to you.

Your Belief:

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Questions:

1. Is it true? (Yes or no. If no, move on to question 3.)      **YES / NO**

2. Can you absolutely know that it's true? (Yes or no.)      **YES / NO**

3. How do you react, what happens, when you believe that thought?

- React: What emotions arise when you believe that thought?

- What Happens: What images of past and future do you see when you believe the thought?

- How do you treat yourself and others when you believe the thought?