

Beliefs Worksheet

- 1) In your notebook or journal make a list of any limiting beliefs you can identify. For example: I'm not good enough ____, I'm not pretty enough, I'm not smart enough ____; I can't ____ because ____; etc

- 2) Take some time to think about when you may have formed this belief.
(In elementary school , middle school, high school) Did you pick it up by watching , listening or modeling a behavior.

- 3) How is this limiting belief affecting you today? What is it preventing you from doing or being?

- 4) Who else does this belief affect? (spouse, social relationships, personal relationships, career, health)

- 5) If you could no longer have this belief, what would be different? How would your life be improved?