

Instructions:

- Pick 1 or 2 areas to explore: self, family, other relationships, work, money, emotions, spirituality, health or make up your own area.
 - Assess if those beliefs are serving you well. Do they make you a better person? Are they consistent with your Purpose, Vision or Goals. Enter + (serves me well) or – (doesn't serve me well).
 - Choose one belief to explore and change.

Area	Beliefs	+/-
Example:	Kids should be seen and not heard.	-
Family	It will be easier to love my child when she is out of diapers. There are some things I should never tell my spouse. It is important that we eat dinner together every day. My kids should all play sports as a way to make friends.	- - + +/-
	Having a big family is what life's all about.	+/-
Self		
Family		
Relationships		
Work		
Money		

Note that this page carries the example from page 1, i.e. my kids should all play sports. Pick your own belief to explore. Make another copy of this page for each belief you want to explore.

Copy the belief you want to explore (same words as above).

My kids should all play sports as a way to make friends.

Where did that belief originate? Think back to your early life.

My Dad loved to play sports with me.
I joined a baseball team when I was young. I played soccer in high school.

Is this belief serving me well? Why might it not be the best?

My kids might not enjoy sports (or not the same sports as I did).

Is that belief true? Can you be 100% certain?

Not necessarily.

Try rewriting the belief in various ways.

I want to encourage my kids to try different sports.
My kids won't necessarily love sports as much as I do...and that's OK. They will find their own passion.

Reflection. What did I learn about myself because of this exercise? What should I change?