

# BELIEFS EXERCISE

WHAT DO YOU BELIEVE ABOUT YOURSELF THAT YOU WERE TAUGHT AS A CHILD?

---

---

---

---

WHAT DO YOU BELIEVE ABOUT WHAT IS POSSIBLE IN YOUR LIFE?  
WHY DO YOU BELIEVE THIS? (TAKE SOME TIME TO BE THOROUGH  
HERE.)

---

---

---

---

ARE THERE BELIEFS THAT YOU HAVE DEVELOPED AS AN ADULT THAT YOU  
DIDN'T HAVE AS A CHILD? DO THESE BELIEFS SERVE YOU?

---

---

---

---

WHAT DO YOU BELIEVE ABOUT THE PURPOSE OF YOUR LIFE?

---

---

---

---

WHAT DO YOU BELIEVE ABOUT YOUR BODY AND YOUR HEALTH?

---

---

---

---

# BELIEFS EXERCISE

WHAT DO YOU BELIEVE ABOUT YOUR SPIRITUALITY AND YOUR PURPOSE?

---

---

---

---

WHAT BELIEFS DO YOU HAVE THAT YOU FIND THE MOST LIMITING?

---

---

---

---

WHAT DO YOU BELIEVE ABOUT MONEY? YOUR MONEY?

---

---

---

---

WHAT DO YOU BELIEVE ABOUT POLITICS? HOW DOES IT FEEL TO BELIEVE IT?

---

---

---

---

WHAT IS ONE BELIEF YOU WANT TO WORK ON CHANGING?

---

---

---

---