



Belief Reflection Exercise

When looking back at your story and the important scenes, take notes of any beliefs you picked up along the way.

Write down the beliefs you developed about the topics below and consider what other influential beliefs you may have acquired.

About yourself

About others

About your needs

About being an adult

About working and career

About relationships

About your roles



About how to succeed

About responsibility

About your value and worth

About control of your life

About the purpose or goal of life

About priorities OTHER BELIEFS



Changing Your Beliefs

How would you choose to believe NOW? Go back through all of the beliefs you wrote down and decide if you would change them, and if so, write a new belief below.

About yourself

About others

About your needs

About being an adult

About working and career

About relationships



About your roles

About how to succeed

About responsibility

About your value and worth

About control of your life

About the purpose or goal of life

About priorities

OTHER BELIEFS