

Worksheet Investigating Your Beliefs

Use this worksheet to explore the beliefs and assumptions that influence your life. Reflect honestly, and take your time with each step.

Step 1: Identify Your Beliefs

Write down 3–5 beliefs you hold about yourself, others, or the world. These beliefs might be limiting or empowering.

Examples:

- “I’m not good enough.”
- “Success requires constant struggle.”
- “People will judge me if I make a mistake.”

Belief

- 1.
- 2.
- 3.

Step 2: Examine Your Beliefs

For each belief, reflect on its origin and how it impacts your life. Use the table below to guide your exploration.

Belief	Origin	Evidence (True/False)	Impact on My Life

- Where did this belief come from?
- Is it based on evidence or assumptions?
- How does this belief influence my thoughts and actions?

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Step 3: Challenge Your Limiting Beliefs

For each limiting belief, ask:

- How is this belief serving me?
- Is there an alternative perspective?
- What empowering belief could replace this one?

Limiting Belief	Challenge/Evidence Against It	New Empowering Belief

- What emotions come up when you think about letting go of this belief?
- How will replacing it help you feel aligned with your goals?"

Step 4: Affirm Your New Beliefs

Write down your new empowering beliefs and read them daily to reinforce them.

Examples:

- "I am worthy of success and happiness."
- "I learn and grow from every challenge I face."

My New Beliefs:

- 1.
- 2.
- 3.