



Worksheets for diving into beliefs.





Belief.

A BELIEF IS REALLY NOTHING MORE THAN
A CHRONIC PATTERN OF THOUGHT.
TO CHANGE A BELIEF IS TO CHANGE THE
PATTERN, TO TELL A NEW STORY.

Dive Into Your Beliefs

Set aside some space and time to ask yourself what you believe. What do you believe about yourself, about people, about life? Write without overthinking it. Write down what first comes to mind. Once you have your list, ask yourself the following questions:

Belief

How does this belief manifest in your life? How does it "show up"?

Does it serve you?

Do you want to keep it?

This exercise is meant to bring awareness to core beliefs that could be keeping you back from living a life you desire; one full of love, acceptance, and abundance in all things! As you go through your beliefs, do so without judgment! Do not judge yourself for what you are believing right now. Many years have been spent being conditioned by society, upbringing, relationships, and so forth that may not have always been very loving or kind. We often hold to beliefs without consciously recognizing we are agreeing with them.

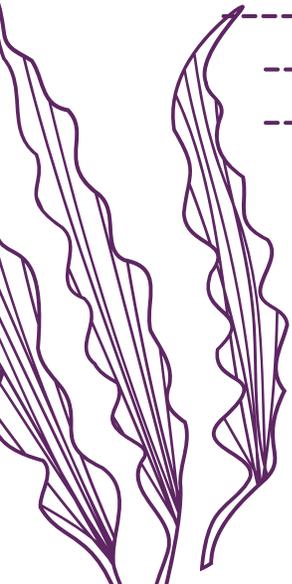
For example, a common belief is that we do not have a "beautiful" body because we have subconsciously agreed with society's super model image of what "beautiful" looks like (while 99% of the world does not fit that model)! Bringing awareness to these helps us to break free of those traps.

Write down your list and responses in the following pages.

Beliefs Journal



Handwriting practice lines consisting of 15 sets of three horizontal lines (top, middle, bottom) for writing.



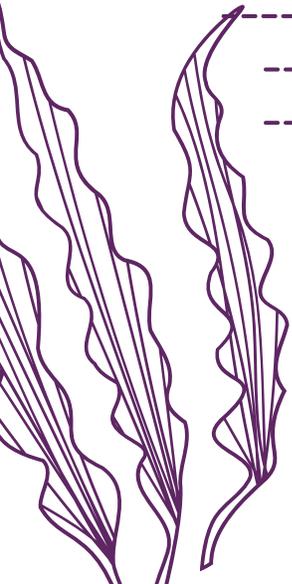
Handwriting practice lines consisting of 10 sets of three horizontal lines (top, middle, bottom) for writing.

I am PERFECT!

Beliefs Journal



Handwriting practice area consisting of 15 sets of horizontal dashed lines for writing.



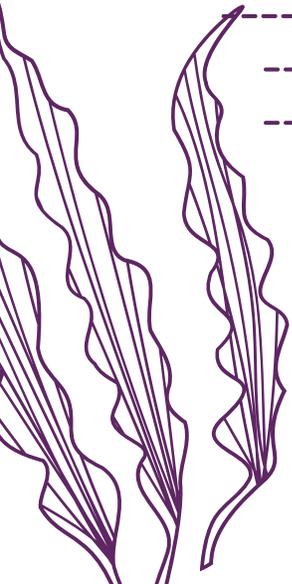
Handwriting practice area consisting of 10 sets of horizontal dashed lines for writing.

I am PERFECT!

Beliefs Journal



Handwriting practice area consisting of 15 sets of horizontal dashed lines for writing.



Handwriting practice area consisting of 10 sets of horizontal dashed lines for writing.

I am PERFECT!



Belief.

IF YOU CAN CHANGE THE BELIEF FIRST,
CHANGING THE ACTION IS EASIER.

- PETER MCWILLIAMS

Diving Into Your Beliefs

Pt. 2

Look at your list of beliefs from last week. Let's take them a step further! You've answered the first 4 questions, now look at 4 others.

Belief

How does this belief manifest in your life? How does it "show up"?

Does it serve you?

Do you want to keep it?

If a negative belief, what is its opposite?

Create an affirmation for the positive.

In what ways can this positive belief manifest in your life?

What would change if you altered your belief?

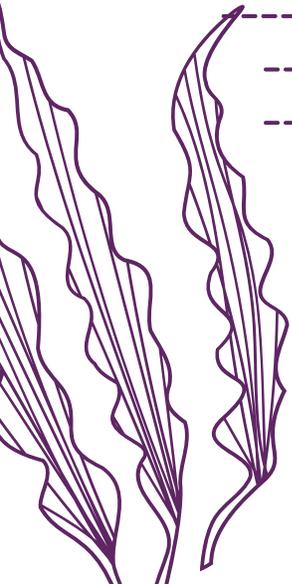
As you go through this section, make a point of practicing your affirmations this week to affirm your new beliefs. When thoughts come your way that align with the old way, say "no, I am done with you" and replace those thoughts with your new affirmation! This is rewiring your brain to align with your new belief system!

Write down your list and responses in the following pages.

Beliefs Journal



Handwriting practice area consisting of 15 sets of horizontal dashed lines for writing.



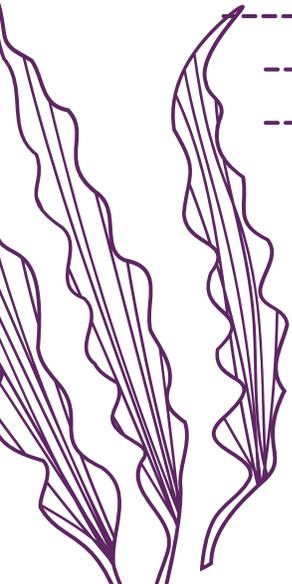
Handwriting practice area consisting of 10 sets of horizontal dashed lines for writing.

I am LOVABLE!

Beliefs Journal



Journal page with 15 sets of horizontal dashed lines for writing.



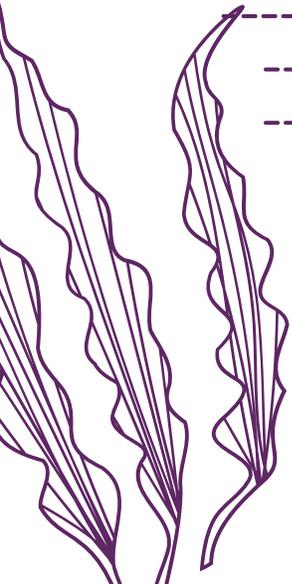
Journal page with 10 sets of horizontal dashed lines for writing.

I am LOVABLE!

Beliefs Journal



Journal page with 15 sets of horizontal dashed lines for writing.



Journal page with 10 sets of horizontal dashed lines for writing.

I am LOVABLE!