



False Beliefs Workbook

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THE ROOT PATH
COACHING
ROOTED IN TRUTH,
TRANSFORMING TO FREEDOM

Reforming the Stories That Shape Your Life

We all carry beliefs about ourselves, others, and the world that shape how we think, feel, and act. Some of these beliefs empower us, but many quietly limit us. They were formed in moments of pain, fear, or misunderstanding and have gone unchallenged for years. These are our “false beliefs”– stories we’ve accepted as truth, even though they no longer serve us.

This workbook is your space to uncover and examine those beliefs. It’s not about judgment or blame, but about curiosity and growth. Why do we believe what we believe? Where did those beliefs come from? And most importantly, **what would change if we chose a new belief?**

Reframing is the practice of identifying a limiting false belief and consciously choosing a new, more empowering one. It’s a process of shifting your internal narrative from “I’m not good enough” to “I am learning and growing every day.” “I always mess things up” to “I am capable of change.”

The goal of this workbook is to help you:

- discover hidden beliefs that may be holding you back
- understand the origins and impact of these beliefs
- practice reframing and replacing them with empowering truths
- create a life aligned with your values, confidence, and purpose

As you move through these pages, remember: You are not your beliefs. You are an observer, the author, and the one with the power to rewrite the script.

Let’s begin.

False Beliefs About Self- Worth and Self-Respect

Journal Prompt Questions:

- What do I believe makes me valuable or worthy?
- Do I feel like I have to earn rest, love, or respect? Why?
- How do I respond when someone crosses my boundaries?
- When do I most doubt my self-worth?

Examples of False Beliefs:

- I'm only valuable when I'm helping others.
- I'm not good enough as I am.
- If I put myself first, I am selfish.
- Other people's needs matter more than mine.

Reflection Prompt:

Describe a time when you didn't stand up for yourself.

What belief about your worth might have been at play?

False Beliefs About Finances

Journal Prompt Questions:

- What did I learn about money growing up?
- Do I believe I am capable of managing and growing wealth? Why?
- What do I think wealthy people have that I don't?
- What do I feel when I think about money?

Examples of False Beliefs:

- I'm just bad with money.
- Money is always a struggle.
- There's never enough.
- If I have money, others will judge me.

Reflection Prompt:

Write about a recent financial stress or fear.

What belief about money might be fueling it?

False Beliefs About Career and Success

Journal Prompt Questions:

- What do I believe I must sacrifice for success?
- Do I trust myself to follow through with my goals?
- How do I respond to failure and setbacks?
- What would I do if I believed I couldn't fail?

Examples of False Beliefs:

- I'm not meant to succeed.
- Success is for other people, not me.
- I'll never be good enough to get ahead.
- If I follow my passion, I'll end up broke.

Reflection Prompt:

Write about a dream or goal you've avoided pursuing.

What beliefs might be blocking you?

False Beliefs About Life in General

Journal Prompt Questions:

- Do I believe life is supposed to be a struggle? Why?
- What do I believe about happiness and joy?
- Do I think good things are sustainable or fleeting?
- What's my core belief about how life works?

Examples of False Beliefs:

- Good things don't last.
- Life is always hard for me.
- I don't get to have what I want.
- If something is easy, it must not be valuable.

Reflection Prompt:

Reflect on your general attitude towards life.

What belief keeps repeating itself?

False Beliefs About Relationships

Journal Prompt Questions:

- What do I believe I must do to be loved or accepted?
- Do I feel safe expressing my needs and emotions? Why?
- What patterns do I repeat in relationships?
- What kind of love do I believe I deserve?

Examples of False Beliefs:

- I have to be perfect to be loved.
- If I speak my truth, people will abandon me.
- I don't deserve healthy relationships.
- I need others to complete me.

Reflection Prompt:

Reflect on a recent relationship challenge.

What belief about yourself or others was activated?

False Beliefs About Physical Health

Journal Prompt Questions:

- What do I believe about my body and what it is capable of?
- Do I believe I deserve to feel healthy and strong? Why?
- What do I think my body says about my worth?
- How do I speak to myself when I don't feel well?

Examples of False Beliefs:

- I'm just not meant to be healthy.
- I can't change my habits, it's too late.
- My body is broken.
- Only certain body types are worthy of love.

Reflection Prompt:

Write about how you feel in your body today.

What beliefs do you notice about your health or physical appearance?

Rewrite the Truth: A New Beginning

Now that you have uncovered the false beliefs you've carried, return to each one and write the truth- the opposite of the lie you've believed. Under or next to every false belief, declare the truth of who you are. This is where transformation begins.

This is more than a reflection. This is a reclamation. You are reclaiming your God-given identity and walking into the truth that sets you free.

Who You Are in Christ- Truth to Declare:

- I am a child of God (John 1:12).
- I am chosen, holy, and dearly loved (Colossians 3:12).
- I am no longer a slave to fear (Romans 8:15).
- I am God's workmanship (Ephesians 2:10).
- I am more than a conqueror (Romans 8:15).
- I am a new creation (2 Corinthians 5:17).
- I am free in Christ (Galatians 5:1).
- I am deeply and unconditionally loved (Romans 8:38-39).
- I have the mind of Christ (1 Corinthians 2:16).
- I am rooted and established in love (Ephesians 3:17).

This is just the beginning. You are reclaiming who you were always created to be. Walk forward in truth, freedom, and love.

With my deepest respect and love,

Michele