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May you live all the days of your life. Jonathan Swift

Beliefs Spotlight Worksheet

Before we can change our self-limiting beliefs, we need to verbalize, articulate and examine them. If we don't bring them into the light of conscious awareness, we will remain unconsciously subject to them.

1. Write the belief or fear at the top of a blank sheet of paper
2. Draw up a table of two columns labelled + & -
3. Under the + column list all the ways the belief:
 - serves you
 - what it gives to you
 - how it keeps you safe
 - how it is positive – what the good is in it
 - any other pay-offs, advantages or benefits you can think of
4. Under the - column list all the ways the belief:
 - does not serve you
 - what it costs you – takes from you
 - how it makes you scared – limits you
 - what its negative aspects are
 - disadvantages, drawbacks to believing it
5. After reading the two lists ask yourself:
 - What does believing this say about who I am?
Believing this means that I am ...
 - What does believing this make me?
Believing this makes me ...
 - What message does this belief give you about the sort of person you are?
The message about me is ...
 - What am I telling myself about this? eg. All my problems will be solved if ...
Everything will turn to garbage unless ...
I am telling myself ...
 - Am I better off starting to let go of this belief or am I better off keeping it?
 - How would the highest / ultimate 'me' act and feel? What would they do?
I am better off by ...

If you feel you are better off letting go of this belief, then transform it by crossing it out, rephrasing it as a positive affirmation, and taking action steps to move through it toward your goal or dream.