

Belief Change Worksheet

Think of a limiting belief you have and write it down in the space below.

If you're finding it difficult to tap into the belief that you have, first focus on the negative emotion you're feeling and ask yourself *What would I have to believe in order to feel this way?*

Now answer the following questions regarding this belief. These questions are designed to weaken the negative belief and remove it from your mind.

1. **Why is this belief false?** Look for any evidence, this could be in your own life or other people's lives for why this belief is false.


2. Who was the person I learned this belief from? Was this person worth modeling in this area? Why or why not?



3. Were there any events that occurred in my life that led me to believe this? How can I change the meaning of the event to a more empowering one?



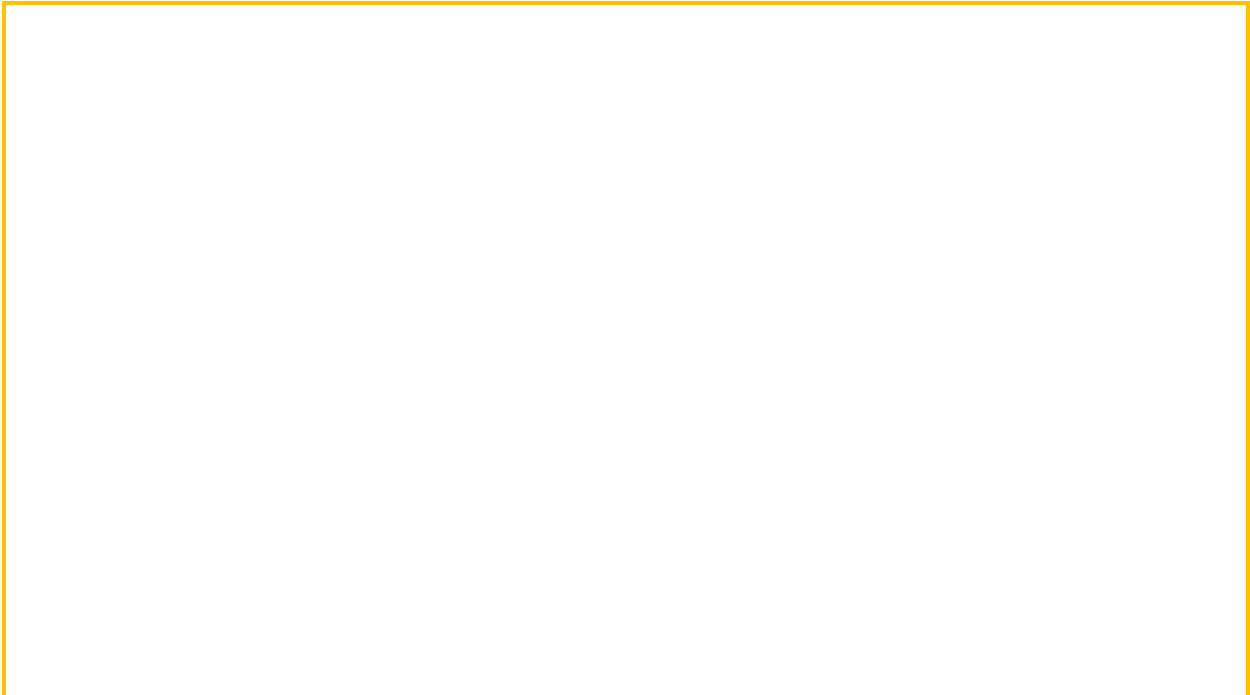
4. What is the price I'm going to pay emotionally for holding on to this belief?



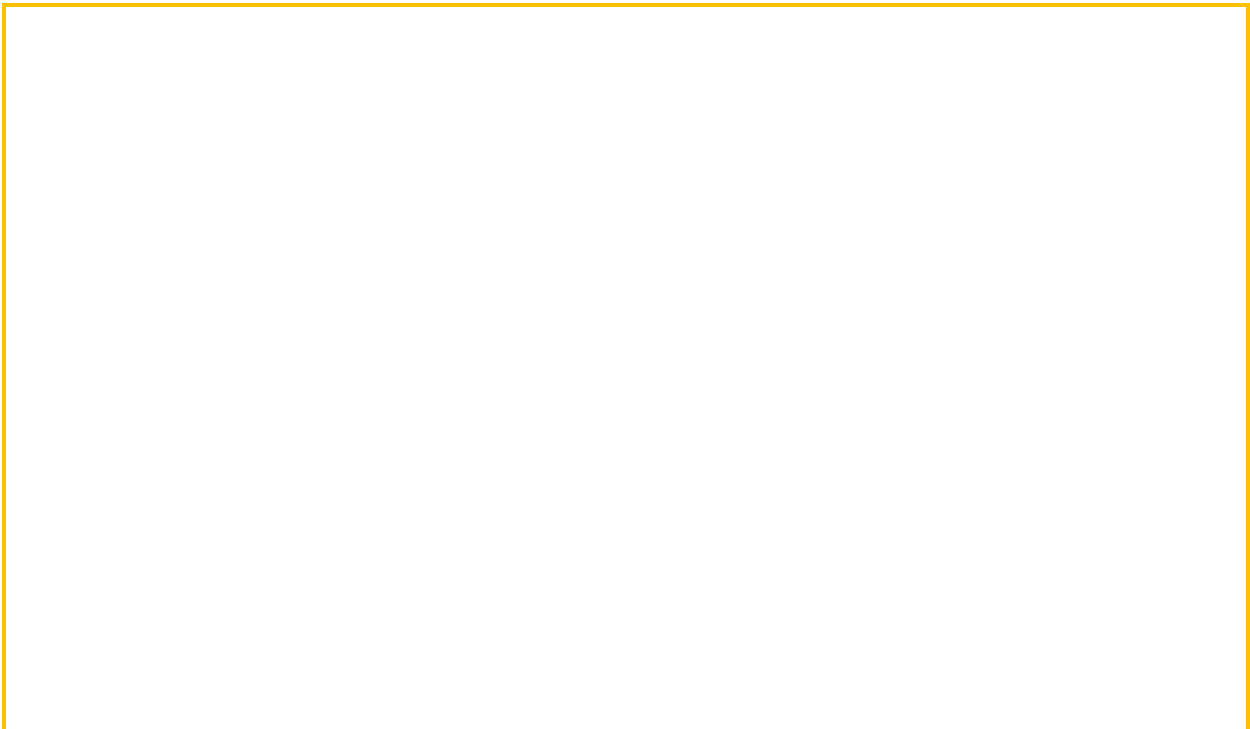
5. What is the price I'm going to pay physically if I hold on to this belief?




6. What is the price I'm going to pay financially if I hold on to this belief?



7. What price will you pay in your relationships by holding on to this belief?



8. What will it cost your family & loved ones for you to hold on to this belief?



After really scrutinizing this belief in this way, your original belief should be quite shaky right now.

Now is the time to install a positive belief in the place of a limiting one. Nature abhors a vacuum, so each time you remove a limiting belief, it's essential to install a positive, empowering one in its place.

The next set of questions is designed to do just that.

9. Write down the opposite of this negative, limiting belief.

If you're having a problem coming up with a positive belief, then think about this particular area of your life and ask yourself one of the following questions:

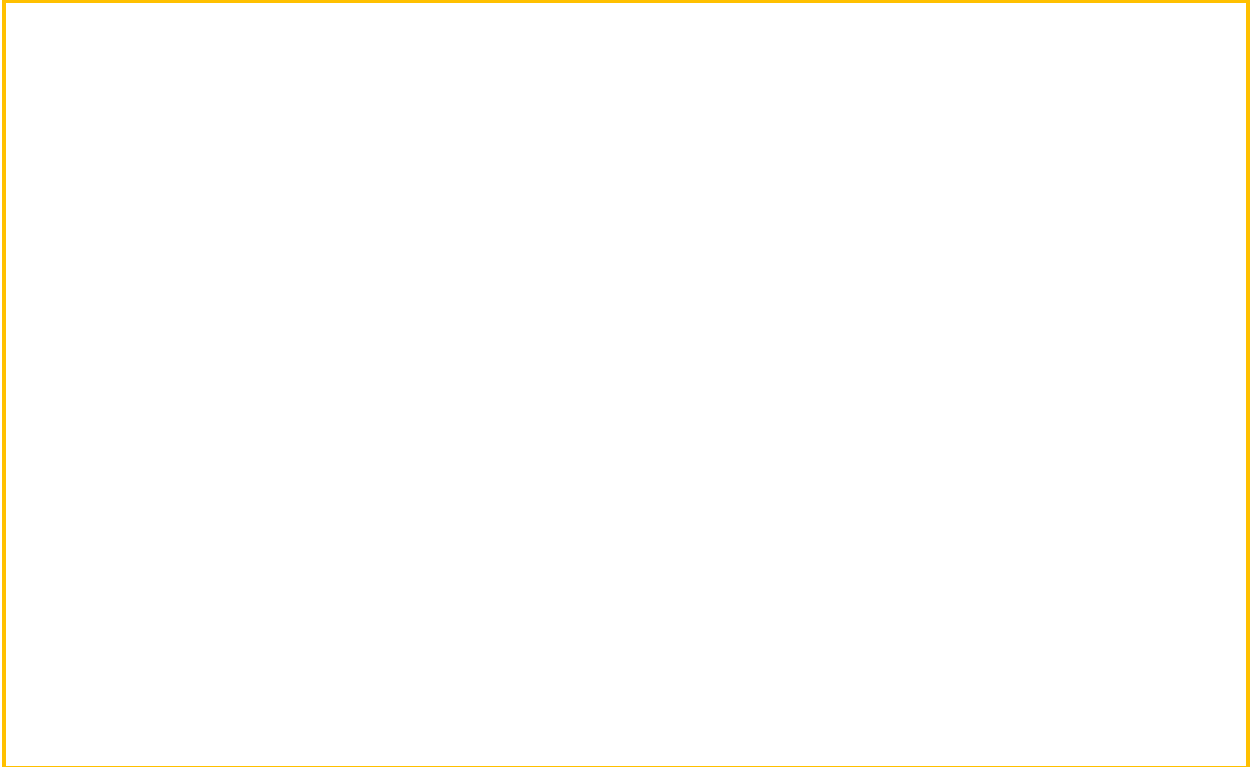
- *What would I need to believe in order to succeed in this area of my life?*
- *Who is already succeeding in this area? What do they believe differently from what I do about what's possible?*
- *What's necessary to believe in order to succeed?*



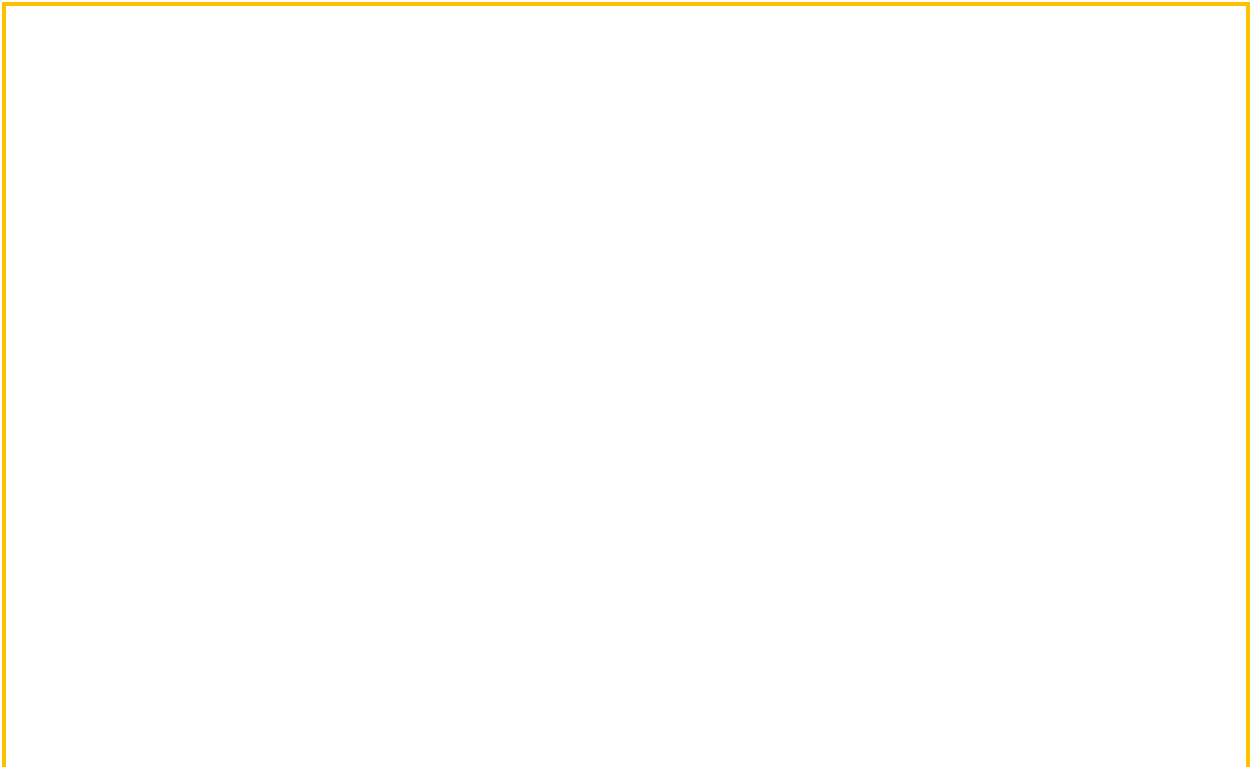
10. **Why is this belief true?** Look for any evidence, this could be in your own life or other people's lives for why this belief is true.

A large, empty rectangular box with a yellow border, occupying most of the page below the text. It is intended for the student to write their evidence for why a belief is true.

11. What am I going to gain emotionally by adopting this new belief?



12. What am I going to gain physically by adopting this new belief?



13. What am I going to gain financially by adopting this new belief?



14. How will my relationships improve by adopting this new belief?



15. How will my loved ones benefit if I adopt this new belief?



16. Turn your belief into a question. This question will serve as a “guiding light” for your subconscious mind to bring what you want to you.

Write this question out on several cards or post it notes and put it in several places you will see every day, for example, your bathroom mirror, next to your bed, on the fridge, next to your computer etc.



**The questions on this worksheet have been adapted from Anthony Robbins book The Power Within