BELIEFS EXERCISE

1. What do you believe about yourself that you were taught as a child?

2. What do you believe is possible in your life? Why do you believe this? (Take some time to be thorough here.)

3. Are there beliefs that you have developed as an adult that you didn't have as a child? Do these beliefs serve you?

4. What do you believe about the purpose of your life?

5. What do you believe about your body and your health?

BELIEFS EXERCISE

6. What do you believe about your spirituality and your purpose?

7. What beliefs do you have that you find the most limiting?

8. What do you believe about money? Your money?

9. What do you believe about politics? How does it feel to believe it?

10. What is one belief you want to work on changing?