

Core Beliefs

Beliefs, more importantly, Core Beliefs shape our lives more than many people know. The way someone sees the world is attributed to their core beliefs. If your take on life is negative, irrational and maladaptive, you will accept this attributes as who you are and how your life is. Identifying your Core Beliefs is the first step in creating a new and better life. Note, it's the first step and there are others, such as changing the belief that need to follow.

See Core Beliefs as how you see the world and how you filter them. For this exercise under the past, you, the world, and the future, write down how you see these. Dot point or descriptive, it is up to you to discover the core beliefs that lay within...

The Past

You

The World

The Future