

# BELIEF CHALLENGE EXERCISE

1. WHAT EVIDENCE DO I HAVE THAT UNDERLINES THIS BELIEF?
2. WHAT WOULD YOU DO WITH YOUR LIFE IF YOU NO LONGER HAD THIS LIMITING BELIEF?
3. IF THERE ARE CURRENT TRUTHS TO THIS LIMITING BELIEF AND WHAT ARE THEY?
4. WHAT CAN YOU DO TO CHANGE THE CIRCUMSTANCES YOU HAVE JUST LISTED?
5. WHAT IS THE FEAT ASSOCIATED WITH THIS BELIEF?
6. HOW IS THIS BELIEF EFFECTING YOUR RELATIONSHIPS NOW AND IN THE FUTURE?
7. ARE YOU WILLING TO WRITE THIS BELIEF DOWN, PUT IT IN AN ENVELOPE AND PUT IT AWAY FOR A WEEK?
8. WHAT WOULD YOU DO IF YOU NO LONGER HAD THIS BELIEF?
9. WHICH ONE OF THESE IS MOST IMPORTANT TO YOU?
10. WHAT ARE 3-5 MANAGEABLE TASKS YOU COULD COMPLETE WHILST YOUR BELIEF IS SEALED IN THE ENVELOPE?
11. WHAT WOULD HAPPEN IF YOUR DESTROYED THE ENVELOPE?

WHEN YOU IDENTIFY A BELIEF THIS EXERCISE WILL HELP YOU TO OVERCOME SOMETHING THAT HAS HELD YOU BACK AND ALLOW YOU TO MOVE FORWARD

GRAB A PEN AND PAPER AND NUMBER YOUR RESPONSES DOWN AS YOU WORK THROUGH THESE QUESTIONS