

Inner World - Beliefs

Exploring Empowering & Limiting Beliefs

1. Beliefs Inventory

Complete the following sentences **as quick as possible**, without overthinking. This will allow a stream of consciousness and reduce the likelihood of filtering or censoring.

- I believe I am _____
- I believe I am _____
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- I believe I am _____
- I believe I am _____
- I believe I am _____
- I believe I am _____

Now, **label** each belief as **empowering** or **limiting**.

2. Beliefs Reframing

Pick one **limiting belief** and explore it:

- Where did this belief come from? (Think about its **origin**.)
- What **evidence** supports this belief?
- What **contradicts** it?
- How can you **reframe** it into something more **empowering**?

Example:

Limiting: *"I'm bad at time management."*

Reframe: *"I'm learning how to manage my time better,
and I'm improving."*

3. Beliefs Celebration

Pick one **empowering belief** and explore it.

- Reflect on **how** this positive belief **impacted your life**.
- Think about **ways to reinforce and nurture** this belief.
- Where did this belief come from? (Think about **its origin**.)

4. Beyond

You can **play throughout your day to spot your beliefs** when they pop up. Like this you can **develop awareness** and recover agency over your limiting beliefs, also to **celebrate the empowering ones**.