

Our beliefs about ourselves, what we learn from others, and the world are the lens by which we experience our reality. Some of our beliefs empower us while others place limits (often self-imposed) on us. For this exercise, let's focus on identifying empowering beliefs that open the door and make you believe that anything is possible.

1. Write down as many positive or empowering beliefs about yourself that you can think of. Then identify what evidence suggests this might be true.

What do I believe is true about me:	What is the origin of this belief?



2. Write down as many beliefs about others that you think are true. Once written, see if you can identify the origin of these beliefs.

What do I believe is true about others:	What is the origin of this belief?

3. Write down as many beliefs about the world in general that you think are true. Once written, see if you can identify the origin of these beliefs.

What do I believe is true about the world:	What is the origin of this belief?