



Identifying Empowering Beliefs

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?

[illegible]