



Challenging & Reconsidering Your Beliefs

Deconstructing Negative and Expanding Positive Beliefs: Self

Identify the two most self limiting beliefs about yourself, then seek out 5 pieces of evidence that these beliefs may not be true.

Negative self-belief #1: _____

Evidence that suggests this belief may not be true:

Identify one thing that would expand your self-concept:

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Date this could be completed: _____

Negative self-belief #2: _____

Evidence that suggests this belief may not be true:

Identify one thing that would expand your self-concept:

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Date this could be completed: _____

Deconstructing Negative and Expanding Positive Beliefs: Others

Identify 2 negative beliefs you currently have about another person or persons. See if you can think of 5 pieces of evidence that suggest these beliefs are not true.

Negative belief other(s) #1: _____

Evidence that suggests this belief may not be true:

How does this change your perspective about this person(s)?:

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Negative belief other(s) #2: _____

Evidence that suggests this belief may not be true:

How does this change your perspective about this person(s)?:

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Deconstructing Negative and Expanding Positive Beliefs: World

Identify 2 negative beliefs about the world in general. See if you can think of 5 pieces of evidence that suggest these beliefs may not be true.

Negative world-belief #1: _____

Evidence that suggests this belief may not be true:

If you dis-credited this negative belief about the world, how might this influence your perspective?

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Negative world-belief #2: _____

Evidence that suggests this belief may not be true:

If you dis-credited this negative belief about the world, how might this influence your perspective?

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Be proactive and look for opportunities to deconstruct negative beliefs while building more positive beliefs about others. This also helps us to see others with greater uniqueness, understanding, and value. Begin seeing your negative beliefs as old images to shatter or paper dragons to be destroyed.

What If Beliefs

Beliefs are created day-by-day, week-by-week, and year-by-year. We forge our beliefs over a lifetime of experience—drawing connections between things that may or may not be real or true. Our belief systems are often only approximately true. This is consistent with the phrase “the map is not the territory” meaning that even though you have a representation in your mind about the landscape, it may, in fact, be imprecise.

Now is the time to ponder what map you would like to forge in your mind, what things you would like to see, feel and experience, and the kind of beliefs you would like to test and cultivate. While in the process of deconstructing negative and constructing positive beliefs, consider the impact of the following beliefs:

What if I Believed...

About Myself:	About Others:	About The World:
Every day I am getting better and better.	Deep down, people are good and noble.	In the end, everything works out for the best.
I am a child of God and therefore have ultimate value.	Everyone really wants to do his or her best.	Nothing is random. The universe is a harmonious place.
I have come to the Earth with a unique purpose build within.	Everyone is given weaknesses to grow.	Everything and everyone will eventually grow to their potential.
I have what it takes to succeed.	People’s paths are their own—therefore there is no reason to compare myself with another.	The past does not equal the present.
Each failure gets me a little closer to my ultimate success.	People aren’t better than others—they are just different and serve unique purposes.	Good will ultimately triumph over evil.
With a “growth mindset” I can change a little every-day.	If in need, I can count on others to be there for support.	There is a grand plan for everyone’s life.
Happiness is a daily choice.	Genius resides in each of us. It is our goal to find it.	Beauty is the natural state of things.
The world has a special place for me. This is unfolding daily.	Connection is important for people to thrive.	All sorrow and difficulty are ultimately good things. They make us stronger.
Each day I make a difference in the lives of those whom I serve.	Most of us want the same basic things.	All feedback helps things grow.

After reviewing each of the belief categories above write a series of beliefs that you will be willing to explore and test—beliefs that will change the very lens by which you see yourself, others, and the world around you.

Self-Beliefs:

Beliefs About Others:

Beliefs About The World:
