

## Identifying Core Beliefs Worksheet

Please dedicate time to complete this form. Please be honest, sit down with the intention of tapping into your deepest inner truths & beliefs. If you find you are struggling filling out this form or feel frustrated, please look at the question, take a few deep breaths, close your eyes and ask yourself, “what do I really think or believe?”.



Tip: Don't be clever. Please be radically honest and answer these questions as you actually see the world, think about life and know within the depths of your being. Remember, this is for your eyes only. Your answers here will inform the most important inner work you will do and continue to do throughout your life.

*Let's do this!*

Life (in general) is \_\_\_\_\_ . (Examples, but find your own: good, bad, hard, a struggle, predetermined, unfair, like a box of chocolates, etc...)

The world is \_\_\_\_\_ . (Examples, but find your own: dangerous, unfair, filled with rules, ugly, your oyster, beautiful, etc...)

People always \_\_\_\_\_ . (Examples, but find your own: cheat, rip you off, are nice, act like dicks, etc...)

People don't \_\_\_\_\_ . (Examples, but find your own: respect each other, care about other people, etc...)

Friends should \_\_\_\_\_ . (The way they "should" treat you)

People always treat me \_\_\_\_\_ . (Examples, but find your own: well, horribly, fairly, etc...)

The world owes me \_\_\_\_\_ . (Examples, but find your own: opportunities, a living, love, nothing, everything, etc...)

I can't \_\_\_\_\_ . (Examples, but find your own: achieve\_\_\_\_, do \_\_\_\_\_, feel\_\_\_\_, find\_\_\_\_, discover\_\_\_\_, etc...)

I always \_\_\_\_\_ . (You've got this.)

I never \_\_\_\_\_ . (You've got this one too, remember to tap into that thing you always hear in your head.)

I don't deserve \_\_\_\_\_ . (Examples, but find your own: success, love, friends, etc...)

I am meant to (do or be) in life \_\_\_\_\_ . (Examples, but find your own: be successful, dance on stage, be famous, change the world, etc...)

Relationships are \_\_\_\_\_ . (Examples, but find your own and record what you really feel: scary, stupid, unfair, terrifying, the reason for living, etc...)

I attract \_\_\_\_\_ into my life . (the type of people or situations)

My health (or the body) is \_\_\_\_\_. (Examples, but find your own: powerful, strong, weak, sickly, struggling, ugly, etc...)

Money \_\_\_\_\_. (Examples, but find your own: comes easy, is the root to all evil, comes and goes, or anything else you believe, etc...)

Which area of my life fills me with the most anxiety?

**What are some of my realistic beliefs about life?** (We've all got these beliefs, but don't often think about them. Spend some time and figure out what comes up for you. A lot of times they are cliches you hear growing up: Here are some examples: Success requires hard work. If it comes easy, it's not worth it. The world is unfair. Everyone wants something from you. Don't trust anyone. Money doesn't grow on trees, etc...)