

Changing your beliefs

*Beliefs are made up! They feel real and are based on partial facts.
Since beliefs are made up, we can create new beliefs..*

Working with your beliefs will help you improve the quality of your life.

Remember:

Changing a core belief can have a huge impact in our entire personality and as a result affect many different areas of your life. It is an upstream change rather than behavioural

Essential elements in changing beliefs

- What's the belief you are cultivating
- Build new facts for your brain to follow
- Build emotion
- Marry action with your new belief - What are some Actions that I would take if I believed this
- Change your focus and attention - retrain your brain to notice new things that it didn't used to notice.
- Affirmations: I am confident,
- Empowering Questions: If I was confident right now what would I say, do - jump the gun

1. Think of a current challenging situation

- What does that mean about me, them, the situation

- What is driving my behaviour and belief

- What do I believe about this...

- What am I telling myself?



Inside Treasures

- How is that impacting me

- What would I rather believe,?

- Which actions would support that belief?

2. Flush out your Rules

Write down a list of Musts, Shoulds, Have tos, Rules, Demands, Expectations you have about yourself ,others and the world

Which of these are irrational? Where did it come from.

- i.
- ii.
- iii.
- iv.
- v.
- vi.
- vii.
- viii.
- ix.
- x.



3. Fill in the gap

In the following exercise, notice how the mind will give you turmoil, objecting beliefs and stories. Now is the time to practice observation. Don't get caught up. It will give you all the reasons you don't believe you are good enough etc.. You can write them down if you wish.

- When it comes to, I believe that.....
- When it comes to, I believe that.....
- When it comes to, I believe that.....
- When it comes to, I believe that.....

- I am good enough because...
- I am good enough because...
- I am good enough because...
- I am good enough because...
- I am good enough because...

- I am not good enough because..
- I am not good enough because..
- I am not good enough because..
- I am not good enough because..
- I am not good enough because..

- I am someone who/that
- I am someone who/that
- I am someone who/that
- I am someone who/that
- I am someone who/that

- I love myself because
- I love myself because
- I love myself because
- I love myself because
- I love myself because



5. Fill in the following sentences with your desired behaviour

- I am becoming someone that...
- I am becoming someone that...
- I am becoming someone that...
- I am becoming someone that...
- I am becoming someone that...
- I am becoming someone that...

Examine yourself

These exercises are designed to help you increase your awareness. In order to be able to spot your beliefs on your day to day.

6. What have you learned from this exercise that you would like to remember?

i.

ii.

iii.

6. What actions do you need to take to cement this new learning?

i.

ii.

iii.

Do you think you need more support in uncovering and changing your beliefs? Is there a belief that you feel stuck and you could use some support?

Contact me at phoebus@insidetreasures.com



Inside Treasures