

UNCOVERING BELIEFS

Most of us don't realize it, but beliefs are simply thoughts that we have unconsciously been thinking over and over and eventually come to believe as truths. Answering the questions below can be a very powerful exercise that brings about an incredible and invaluable sense of awareness concerning the thoughts that form **WHO** you are and **WHY** you move through life in the way that you do.

1. What do you believe about your life?
2. What do you believe about yourself?
3. What are the lessons your parents taught you?
4. What do you believe about your dreams coming true?
5. What do you believe about your ability to create what you want?
6. Why do you have your current results in your life?

WHAT DO YOU WANT TO BELIEVE?

1. What are the results you most want in your life?
2. What are the beliefs that have kept you from getting these results so far?

3. What do you need to believe to get the results you want?

4. Why don't you believe this yet? What thoughts get in the way?