

Examine beliefs that you have about yourself

Make two lists.

In the first: list all the positive beliefs you have about yourself, all the things that you are good at.

In the second, list all the negative beliefs you have about yourself, the things you are not good at.

Positive beliefs about myself:-

Negative beliefs about myself:-

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Look at the list of **positive beliefs** and spend a few moments on each one.

Remember the positive things that happened to lead you to hold those beliefs.

Write them down ...

Now look at your list of **negative beliefs**

Take the top three. The ones that really hold you back.

Ask yourself:-

1. Where did this belief come from?
2. Who gave me this belief?
3. How do I feel about the person that gave me this belief? Do I respect them? Are/were they always right? What is their history?
4. What is this belief costing me on a daily basis?
5. What will holding this belief mean for me in the long term? and what will that mean
6. How will my life be different if let go of this belief?

Now write a more rational belief belief to the one you hold. For example if your belief is,

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“I am too old to change careers to become a x y z”

, you could reframe your belief to be:

“I have a lot of experience and skills that I can bring to a new career “

Actively look for evidence to support your new belief. You will find it. Keep a journal and record your success.

My first new belief is:

My next new belief is:

Define your new **comfort zones** and **self-talk** and decide what action you are going to take.

My new comfort zones are:

My new self-talk is:

I am actively going to: