



Examine the beliefs that you have about yourself

Take some time do this exercise. Make sure you are somewhere not distracted and then fill in the table below as honestly as you can. You can even close your eyes before you write something down and this way examine your beliefs. Think about yourself and about your positive and negative beliefs that you hold. In other, simpler, words what are you good at and what you are not good at.

Positive beliefs about myself:	Negative beliefs about myself:



1. Now look at the list of positive beliefs and spend some time on each one. Your task is now to find and write down evidence to support each one.

Look at the example:

I'm friendly. What is the evidence? I have a lot of good friends, people enjoy spending time with me. I never feel alone.

Write down your evidence...

2. Now look at the list of negative beliefs:

Consider the top three that hold you back most.

Ask yourself:

- What evidence do you have to support that?

Belief 1.....

Belief 2.....

Belief 3.....



- What does having this belief cost you on a daily basis?

Belief 1.....
Belief 2.....
Belief 3.....

- What would tomorrow be like if you were to let go this belief?

Belief 1.....
Belief 2.....
Belief 3.....

3. Now write opposite beliefs to the ones that hold you back:

New Belief 1.....
New Belief 2.....
New Belief 3.....

4. What do you notice?

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5. I am actively going to:

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Now She is the New Strong!

Your Coach 😊