



BELIEF SYSTEMS (BS)

From the moment we come into this world, we begin developing our belief systems. Sometimes, they can be beliefs that we develop through our own associations and experiences; and sometimes, the beliefs are passed down from those closest to us. Your job, along this process, is to uncover and discover what your beliefs are and how they've held you back. Once we take a hard look at what's been in our way, we'll do some work in the next few days to learn how to reframe and shift our beliefs. **Complete the prompts below with all of the negative or limiting beliefs you can think of around each topic.** Ex: **Money is** the root of all evil. It doesn't grow on trees. Those with money are greedy and bad people. **How this belief has held me back is** when I think negatively about money there's no way I can attract it into my life. I have judged it and therefore keep it away from me at all costs subconsciously because of my negative associations.

1. **Money is** _____

How this belief has held me back is _____

2. **Love is** _____

How this belief has held me back is _____

3. **Family is** _____

How this belief has held me back is _____

4. Relationships are _____

How this belief has held me back is _____

5. Men are _____

How this belief has held me back is _____

6. Women are _____

How this belief has held me back is _____

7. Conflict is _____

How this belief has held me back is _____

8. Success is: _____

How this belief has held me back is _____

THROUGHOUT THE DAY, NOTICE HOW THESE BELIEFS SHOW UP AND SWAY YOUR DECISIONS AND ACTIONS. NOTICE WHO YOU BECOME WHEN THESE BELIEFS ARE AT PLAY.