



## Exploring Beliefs

Date:

Like values, our beliefs motivate us and impact our results. We collect our beliefs, usually subconsciously, from our friends, family, society and from our experiences.

Explore some of your beliefs by completing the following sentences.

---

I always...

---

I never...

---

They are...

---

I can't...

---

We are...

---

I must...

---

I must...

---

My work is...

---

My time is...

---

My team is...

---

There are times when I...

---

## Exploring Beliefs

---

Life is all about...

---

I love...

---

Success is...

---

Teamwork is...

---

Life is...

---

Family is...

---

Love is...

---

She can...

---

She is...

---

My parents are...

---

He could...

---

He is...

---

I am...

---

They are...

---

I can...

---

I can...

---

I can...

---

## Exploring Beliefs

### *Empowering or disempowering?*



Take a few minutes to review your responses to each of the previous phrases. Write a "D" next to each belief that is disempowering and an "E" next to each belief that is empowering. If they are neither leave them blank.

---

**List any old beliefs are you going to change.**

---

**List any new beliefs are you going to develop.**

---

**What motivates you to make these changes?**

---