

UNCOVERING AND EVALUATING BELIEFS – SELF ASSESSMENT

STEP 1: CONTEMPLATE THE FOLLOWING AREAS AND WRITE DOWN EVERY BELIEF YOU CAN THINK OF

It may be beneficial to jot down notes by hand as the brain engages differently than when you type. Just write everything down without judgment, no matter how crazy or absurd you think it may be. Give yourself a few minutes to let thoughts from your subconscious mind float to the surface. Go through as many questions as you can in one sitting, when you feel “in the flow”. Otherwise come back to them later.

Complete the sentence in this way: **“Something I believe about (see list) is _____”**

Fill in the blanks for what you believe about:

Myself

My Health and Fitness

My Body

My Character



My Attitudes

My Emotional Life

My Intellectual Life

My Abilities

My Limitations

My Relationships



My Work and Career

My Financial Life/Situation

My Social Life

My Spirituality

The Past

The Present

The Future

STEP 2: GO THROUGH YOUR ANSWERS AND CIRCLE THE ONES THAT HAVE THE MOST NEGATIVE CHARGE FOR YOU, OR THAT REALLY INTERFERE WITH YOUR LIFE.

If you can, prioritize the list by weighing them. Which ones would you want to get rid of first?

1= urgent, 2= important, 3= deal with later

Note: as we shift beliefs, some others might move up or down in importance, or get cleared at the same time (belief cluster)

STEP 3: EVALUATE THE NEGATIVE BELIEFS

For all beliefs that you have circled, go through the following questions and answer them.

Note: The questions below might be tough to answer. To dive deeply into the subconscious mind, you want to engage the help of your coach.

This is only an outline of what your coach will evaluate together with you. It's OK if you can't get all the answers...

1. Was this belief HELPFUL or HARMFUL for me at one point?
2. Did I ever get an ADVANTAGE out of this belief? If so, when? How did it SERVE me?
3. Was this belief PROGRAMMED into me? If so, by whom and when?
4. Did I ever CHOOSE this belief myself? If so, when and why?
5. Did I ever AVOID something by having this belief?
6. What if... I DID NOT HAVE this belief? WHO would I be? WHAT could I do?
7. **What alternate belief could REPLACE it with something that would be MORE POSITIVE or EMPOWERING?**

→When you RELEASE an unwanted belief, you create space to INSTALL SOMETHING NEW. If you don't, old beliefs can reestablish themselves.

→Remember you create new neural pathways in the brain to OVERWRITE old ones. So be conscious of NOT USING the old ones anymore and DELIBERATELY FOCUS on the new ones REPETITIVELY.

→The processes we'll be using are based on many modalities. None of them will be hypnosis where you'll feel you have no control...

→If at any time you feel uncomfortable with the process, it can be terminated immediately.