



How do you decide whether or not a belief serves you? By exploring how it makes you feel, by identifying how it makes you act, and by asking your *Inner Wisdom* if it serves you.

*"I don't have to believe everything I think."*

[illegible]



## TOOL EXAMPLE

# My Beliefs

Our beliefs inform our decisions, influence our behavior, and affect how we feel about ourselves and others. So it's important to make sure the beliefs we choose to live by actually serve us.

How do you decide whether or not a belief serves you? By exploring how it makes you feel, by identifying how it makes you act, and by asking your *Inner Wisdom* if it serves you.

*"I don't have to believe everything I think."*

	How does this belief make me <b>feel</b> ?	How does this belief make me <b>act</b> ?	Does this belief serve me?	
			YES	NO
<i>I can handle a lot of stress.</i>	<i>stressed</i>	<i>I work too hard</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>I don't need much sleep.</i>	<i>strong</i>	<i>I burn the candle...</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>I'm not good at meditating.</i>	<i>justified</i>	<i>I don't have to try</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>I should exercise more.</i>	<i>mad at myself</i>	<i>I don't exercise</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>I should eat better.</i>	<i>mad at myself</i>	<i>I beat myself up</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>I have to do everything myself, or it doesn't get done.</i>	<i>resentful</i>	<i>Irritable, snappy</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>(He/she) always lets me down.</i>	<i>angry</i>	<i>I talk behind her back</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>My family is dysfunctional.</i>	<i>sad</i>	<i>distant</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
<i>I have wonderful friends.</i>	<i>happy</i>	<i>social</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I trust my doctors.</i>	<i>safe</i>	<i>trusting</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I'm doing the best I can.</i>	<i>relieved</i>	<i>easy going</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I make good decisions.</i>	<i>confident</i>	<i>I don't worry often</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I am open to learning new things.</i>	<i>open, willing</i>	<i>adventurous</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>My family supports me the best they can.</i>	<i>appreciative</i>	<i>loving</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I am proud of myself.</i>	<i>proud</i>	<i>engaged in life</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>I am loved.</i>	<i>joyful</i>	<i>appreciative</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
<b>NEEDS:</b> "If I put my needs above someone else's, it means that I am...."				
<i>Selfish.</i>	<i>conflicted</i>	<i>resentful</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>SELF-CARE:</b> "I don't do (or do) enough Self-Care because...."				
<i>I don't have enough time.</i>	<i>angry</i>	<i>I beat myself up</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>SPIRIT:</b> "A (spiritual) belief that comforts me is..."				
<i>I will be reunited with my loved ones when I die.</i>	<i>hopeful</i>	<i>able to enjoy more</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>(not spiritual) – Everything happens for a reason.</i>	<i>curious</i>	<i>I persevere</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>