

Belief Study Workbook

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Congratulations

You are making the most important investment of all in Yourself. Be gentle, kind and patient with yourself. You are taking the first, but important step in removing the mental chains which have held you back from living a happy, peaceful and abundant life.

If parts of your life are not working in the way you would like, it is simply because somewhere along your journey you have accepted false beliefs that keep you from being all you can be.

We often hear about the power of choice but this is not entirely accurate. We do not consciously choose to experience sickness, poverty or other negative experiences. As discussed in the post 'It's not your fault', there is a huge difference between choices we are conscious of - but which we have little control over because we are functioning automatically and habitually - and choices that are consciously made.

Many of your current beliefs were instilled when you were too young to know any better, but instead of accepting results you do not want, created by beliefs you did not choose, you are now going to consciously choose more empowering and resourceful beliefs.

So congratulationsand take it one step at a time. Changing core beliefs is a process and because many people associate their old beliefs with safety, you may unconsciously resist the change even though you consciously desire it.

But stick with it and follow the instructions provided. By completing this study workbook you are exercising your true power and embarking on a journey of self discovery and liberation to attract to yourself all that you desire.

So if you're ready, let's begin....

Introduction

The first step in the process of replacing unresourceful and limiting beliefs is to discover what your core beliefs actually are. As you begin this process, be curious, be excited! You are about to uncover beliefs you did not consciously choose and which unknowingly have prevented you from achieving your dreams and goals.

Remember you are **already** an expert at attracting what you believe in, but you are now going to take **conscious** control of this process by re-evaluating your beliefs based on Truth.

It is recommended you complete these exercises when you will not be disturbed and in a relaxed, open and peaceful state of mind.

Exercise 1 - Identify your 'general' beliefs

Complete the following 3 sentences in as much detail as possible to elicit your general beliefs about yourself, other people and the world around you.

I am _____

People are _____

The world is _____

A word of caution. You are not writing what you think you *should* believe in each of these 3 areas such as "I am an eternal being connected to everyone and everything"; "People are kind, loving and generous" and "The world is full of abundance" because if you truly believed this, this would be your experience and you probably wouldn't be reading this blog!

You are identifying those things you say to yourself and what you believe to be true about yourself and the world when you're not getting the results you want. This could include beliefs such as:

- I am never going to be debt free
- I am not good enough
- I am unlovable

- People are mean and selfish
- People are untrustworthy
- People who are wealthy are not spiritual

- The world is a dangerous place
- The world does not support me in my dreams
- The world does not have sufficient resources for everyone

Use additional sheets of paper, if required.

When you have finished this exercise, the next step is to identify those beliefs which no longer support you in the attainment of your goals and dreams. Remember, beliefs are not fact. They are simply a conviction or an acceptance that something is true.

For example, if you believe 'people are mean and selfish' it is unlikely you will attract the right sort of people who can help and support you in the achievement of your goals. But more importantly, does this belief stand up to proper scrutiny?

It is interesting to note that when people are asked why they believe something, most will say "Because it's true" or "Because I've got plenty of evidence to prove it". But this is to misunderstand how beliefs work. If you understood the information presented in **It's not your fault**, you will know that beliefs are a filter we use to delete, distort, and generalise information coming into our awareness because we have a powerful need for consistency between the way we "see" the world and our belief system.

Let's look at the belief 'people are mean and selfish' in light of this new understanding. Can you find evidence to support your belief that 'people are mean and selfish'? The answer is yes. But let's suppose your neighbour believes the exact opposite, that 'people are kind and generous'. Can they find evidence to support their belief? Again the answer is yes because **all** of the information is out there, it's just being filtered in different ways.

When you examine your beliefs in this conscious way, they rarely hold up to scrutiny. Every time you catch yourself saying something like "I'm afraid to...." or "I can't do....." (fill in the blank), ask yourself the following questions:

1. Is there any rational reason for holding onto such a belief?
2. Has anybody else done what I am seeking to do?
3. Is there another more empowering belief I could hold which will support and help me in the achievement of my goals?

Exercise 2

Another way to discover your core beliefs is to look at the results you are getting in each of the main areas of your life. Although you might like to think you have positive beliefs, your results will always reflect the truth of your core beliefs. Completing this exercise can be very illuminating.

Select one area which you are particularly keen to improve and write down without judgement or analysis all of the results you are getting in that area of your life. You may find it helpful to grade on a scale of 1 – 10 where you feel you currently are compared to where you would like to be. When you have done this, write down the beliefs which must be present to create these results and, where necessary, your new empowering belief in light of your re-evaluation of the Truth.

For example, if you are reviewing 'financial' and your results indicate that you are always in debt or barely matching income with expenditure, write down the beliefs which must be present to support these results. These may include:

- People like me never get rich
- I don't deserve to be wealthy
- Wealthy people are greedy
- It isn't spiritual to be wealthy
- You have to work hard to get money
- I'm not smart enough to have a lot of money
- You have to be lucky to have money
- Money is scarce
- Money is power and power corrupts
- If I'm wealthy I'll lose all my friends

- If I'm wealthy people will only like me for my money
- I never get what I want in life
- Money is the root of all evil
- Money doesn't grow on trees
- Rich people are arrogant and uncaring
- If I have a lot of money other people will want it

As you do this, pay particular attention to your **feelings**. Feelings are the language of the subconscious mind and can be a wonderful guide to let you know when you have identified a core belief. Notice those beliefs which trigger a strong emotional response in you and highlight them accordingly.

Alternatively you may wish to focus on a specific goal you are having trouble achieving and identify the beliefs which must be present for you to achieve the results you are getting. For example, if you have tried unsuccessfully to lose weight and keep moving from one diet program to another, write out your results and identify the underlying core beliefs. These may include beliefs such as:

- My friends won't like me if I loose weight
- It is unhealthy to lose too much weight
- Healthy foods taste awful
- I can't afford to buy new smaller clothes

The main thing is to GET STARTED and to bring your beliefs to conscious awareness. In short, you are always believing in something, and your beliefs are always attracting your life experiences. If you don't **take** time now to consciously review your beliefs, you will have to **make** time to deal with the consequences of your unconscious limiting beliefs.

Enclosed are some worksheets to assist you in this process with some introductory examples for financial, relational and physical.

