

What is my desired outcome? _____

What's stopping me to get my outcome? _____

Why can't I do it right now? _____

What does this say about me? _____

What negative things do I expect will happen? _____

What are the beliefs that I have that are getting in the way? _____

What caused me to believe this in the first place? _____

Where did I learn this? Who passed this belief on to me? _____

Is it even valid? _____

Can I think of a time where this belief would not hold true? _____

In what way is this belief absurd or ridiculous? _____

Has there ever been a time when this belief was not true or did not apply? _____



Does this belief hold true in every situation? For everyone? Anywhere? Always? _____

What are the exceptions to this belief? _____

What's going to happen to my level of happiness, success, freedom and fulfillment if I keep thinking this way? _____

What's my life going to be like in 5, 10, 20 years if I keep this belief? _____

What pain has it caused me in the past? _____

How is it messing up my life right now? _____

What new belief would I prefer to have? _____

What's going to happen to my level of happiness, success, freedom and fulfillment if I accept this new belief? _____

Why is it possible that this belief is true? _____

How will my new belief improve my life? _____

What actions steps can I take to prove to my mind that this belief is true? _____

