

What is my desired outcome? \_\_\_\_\_

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What's stopping me to get my outcome? \_\_\_\_\_

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Why can't I do it right now? \_\_\_\_\_

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What does this say about me? \_\_\_\_\_

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What negative things do I expect will happen? \_\_\_\_\_

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What are the beliefs that I have that are getting in the way? \_\_\_\_\_

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What caused me to believe this in the first place? \_\_\_\_\_

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

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Is it even valid? \_\_\_\_\_

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

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In what way is this belief absurd or ridiculous? \_\_\_\_\_

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

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

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What are the exceptions to this belief? \_\_\_\_\_

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

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

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What pain has it caused me in the past? \_\_\_\_\_

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How is it messing up my life right now? \_\_\_\_\_

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What new belief would I prefer to have? \_\_\_\_\_

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

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Why is it possible that this belief is true? \_\_\_\_\_

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How will my new belief improve my life? \_\_\_\_\_

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

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