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**WHAT I BELIEVE WORKSHEET**

Instructions: Print and Complete the *What I Believe Worksheet* to identify your beliefs. The next time you are feeling low self-esteem, unhappy or are judging yourself harshly read your *What I Believe Worksheet* and identify the beliefs that detract from positive self-esteem and then create a new belief to boost self-confidence. Then notice your attitude change.

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1. Write the beliefs you learned about yourself when you were young from your:
   1. Mother:
   2. Father:
   3. Siblings:
   4. Friends:
   5. Teachers:
   6. Others:
2. Which of these messages continue to dominate your thoughts today?
3. Which messages support and which messages detract your confidence, happiness and satisfaction?
4. Are these messages truth or simply a belief (a thought that has been thought so often that you believe it is truth)?
5. Which messages do you want to change to improve your self-esteem?
6. Write the new thoughts you choose to believe to support your positive self-esteem, confidence and happiness: