

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.

1. Write the beliefs you learned about yourself when you were young from your:
 - a. Mother:
 - b. Father:
 - c. Siblings:
 - d. Friends:
 - e. Teachers:
 - f. 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:
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