

WHAT I BELIEVE WORKSHEET

Instructions:

- ✓ Print and Complete the What I Believe Worksheet to identify your beliefs.
- ✓ Keep your completed Self Esteem Worksheet handy. 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 you're 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: