

REWRITING MY STORY

1. Think about a goal that would change your life, but deep down, you don't believe you can achieve.

Goal: _____

Ex: I want to be a doctor, I want to speak in public, I want to be a millionaire, I want to be an artist, I want to start a business. I want to join the soccer team. I want to graduate.

2. Why don't you believe you can achieve this? (What doubts or thoughts come up as you think about this goal?) These thoughts are limiting beliefs. They are written as "I am," "I can't," "I need", "I always," "I never," "I wish," "people are," or "I'm not" statements. Ex: My ideas are not valuable, I'm not confident, I'm lazy, I'm not smart, I always fail, I'm afraid of taking risks, I don't get along with people.

Tip: Use the limiting vs empowering belief document if necessary.

- a. I _____
Because _____
- b. I _____
Because _____
- c. I _____
Because _____
- d. I _____
Because _____
- e. I _____
Because _____

3. Circle the limiting belief above that has been holding you back the most and rewrite it here.

Limiting Belief: _____

4. Describe what it will cost you if you hold on to this belief. Ex: I won't share my ideas and I'll always be shy. I won't make the money I want. I'll live with regret. I won't be confident in front of people.

If I hold on to this belief...

5. What will you gain if you destroy this limiting belief? Ex: I'll have more confidence. I'll conquer my fears. I'll be able to travel the world. I'll get good grades, help more people, and make my parents proud.

If I destroy this belief...

6. Create your limiting belief table by following steps a, b, and c.
 - a. Place your limiting belief in the table top.
 - b. Then place each form of "evidence" you are currently using to support this limiting belief in a leg below. Add more legs if needed.
 - c. Challenge each idea by writing a counter example in the space provided. Tip: Ask yourself, "Is this really true?" and "How can I eliminate this excuse?"

LIMITING BELIEF: _____			
counter: Ev:	counter: Ev:		counter: Ev:

7. Now, what would you have to believe differently in order to reach your goal? This is an **Empowering Belief!** *Ex: I can actually learn public speaking. Public Speaking can be fun. I will be great at it with practice and feedback* Tip: Use the limiting vs empowering belief document if necessary.

In order to reach my goal I would have to believe...

8. **What evidence do you already have of this new belief?** Create a new table top and write in your empowering belief. Include each evidence idea as a leg. **Add as many as possible!** *Ex: I spoke in front of my basketball team. I once shared a personal story to my class and enjoyed it. I aced a spelling bee in front of 100 people.*

EMPOWERING BELIEF: _____			
Ev:	Ev:	Ev:	Ev:

9. **What would you have to do to strengthen this new belief? What next steps can you implement to strengthen this new belief?** Use the checklist below to get ideas for how to strengthen this new belief. **Add these new forms of evidence on the belief table above.** *Get tips from a pro. Practice in front of the mirror, then little by little in front of more. Schedule a small speech opportunity.*

- Add current evidence:** What evidence do you already have for this new belief?
- Act on it right away:** What small thing can you do right now that is aligned with your new belief?
- Create new evidence:** What would be a strong evidence leg that would strengthen your belief and what small steps can you take to eventually create this leg?
- Visualize and affirm:** How would you use visualization to strengthen this belief?
- Find a mentor:** Who can you talk to or read about who overcame something similar?
- Faith:** How can you use your faith to help you strengthen this new belief?
- Find a support group:** What group of people are having success in this area that can inspire you?