

# Beliefs Inventory

Limited beliefs are like shackles holding us down to reach our greatest success. These limited beliefs spillover in our language and behaviors without us even realizing or knowing it.

The first step to freeing yourself from these shackles is to be aware or observe them. Listen to your language, what you tell yourself or others to find what limiting beliefs you may be holding.

There are hundreds of limiting beliefs out there. However, here is a list of the ones most often seen.

Limiting beliefs are the lower case 't' truth – what you have learned, and what you may *think* to be your “truth.”

However, when you look for evidence of the **Real TRUTH** with a capital “T” of these types of beliefs, they are rarely ever proven.

The overall idea of this exercise is to make a conscious effort to transform these beliefs as soon as you “hear” them by refuting any false evidence and instead embracing a positive belief identifying evidence of this positive belief and then reinforcing that positive belief as often as possible.

- I'm hopeless in social situations
- When I talk people get bored
- You have to trample your way to the top
- I am hopeless
- All people are untrustworthy
- I am useless
- I cannot change – it's in my blood/family
- I will never succeed
- I always attract the wrong people
- I always get it wrong
- I'm a fraud
- I am responsible for how other people feel
- I am worthless
- I am unlucky
- I am alone

- I must do everything perfectly  
(as opposed to “I want to pursue excellence”)
- If I don't achieve X there's no point in starting
- I'm no good at ....
- I'm helpless to change things
- No one would be attracted to me
- There's no point in trying
- It will never work
- Why does this always happen to me
- Things won't last (only about good things)
- This will never end (only about bad things)
- I must be happy all of the time
- I am not important
- I am not valuable
- Nobody wants me

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## Positive Core Beliefs (Truths- with a capital "T")

- I am uniquely perfect, whole and complete
- I am worthy
- I am surrounded by people that Love me
- It is safe to Love
- I am healthy
- I am successful
- I can receive Love easily
- I am happy
- I am supported
- I am wealthy
- I am deserving of love
- I am important
- What other people say about me is their problem, not mine.
- I make a difference
- I have the help I need
- I have access to all of the tools I need.
- Everything works out for me
- I am just fine exactly the way that I am right here in this moment.

- I am capable
- I am competent
- I am smart
- I am beautiful
- I am an divine individual expression of God
- I am lovable
- I am wanted
- I am MORE than good enough
- I am valuable
- I matter
- I am okay just as I am
- My needs matter
- I can do hard things
- I deserve to be happy
- People are good
- People are helpful
- I am supported
- Every time I take action steps to achieve my goals- I see a result that is positive in some way.
- I persist and persevere.

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**Action steps:** below fill out your identified limited beliefs. You can use the list above to assist you or you may find your own outside of this list. Next you will find the matching REAL TRUTH or the positive belief to this limited belief. Lastly you will write out all the evidence that makes this True. An example has been given to start the exercise.

Old Limited belief	New Positive Core Belief	Evidence of Truth
I am different	I am uniquely perfect	No two people are the same (like no two trees are the same in a forest), Not even twins are the same. Being the same would be boring. I was created to be unique.
I am alone	I am surrounded by people that Love me I have friends and family that support me I am divinely guided and have my highest self	There is evidence of supportive people in my life (family, friends, siblings, cousins, co-workers and etc). There is evidence of the interconnectedness of life, such as feeling supported by earth, animals and or the universe itself. There are Moments when someone reached out, listened, or supported me. My own higher self, angels, guides, which may seem separate are always with me.