



EXERCICE 2 – IDENTIFY YOUR BELIEFS

A quick exercise to recognize and identify your beliefs and to see if they are empowering or limiting you.

Now also think about some of beliefs you have about various topics (including yourself) and note them down below. Decide and classify them as limiting or empowering. For each belief that you have identified, decide if they are limiting or empowering? If they are limiting, what would be a better more empowering belief?

e.g. I believe that I can meet and connect with new people easily and effortlessly (empowering belief) or I struggle to make new friends (limiting belief)

Start by asking yourself the following question: What do I believe about [topic]?
 Answer: I believe I am... (fill the gap). I have given you an example in the table below.

In Exercise 3, I will show you how to change these beliefs with a simple belief change exercise.

Belief	Limiting/Empowering
Example: I struggle to make new friends	Limiting