

Testing Core Beliefs

Name:

Date:

Instructions: (1) Identify a core belief that you would like to test (2) Develop experiments to test the core belief (3) Make predictions for each experiment (4) Run each experiment multiple times and track the outcomes (5) Compare the outcomes with the predictions and evaluate any differences (6) Rank on the scale how much you believe the new core belief after the experiments are complete.

New Core Belief:

| Experiment | Prediction | Outcomes | What I Learned |
|------------|------------|----------|----------------|
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How much do you believe
the new core belief:

