

Strengthening New Core Beliefs

Name:

Date:

Instructions: **(1)** Identifying a new core belief that you would like to strengthen **(2)** write down how much you believe the new core belief **(3)** Over the next 2-3 weeks, actively look for evidence and and experiences to support your new core belief **(4)** Repeat until you sufficiently believe in your new core belief

| New Core Belief | Belief (out of 100) | Evidence that Supports New Core Belief | Belief After 2-3 Weeks (out of 100) |
|-----------------|------------------------|--|--|
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