



Belief Self-Diagnosis Exercise

The **Belief Self-Diagnosis Exercise** allows you to expose your subconscious beliefs to your conscious mind. It's best to start with an inventory of what you already have—before you go out and buy more stuff. This is also true about beliefs. We must look into our subconscious minds to see what is already there. Some might be old and useless, so you throw them in the garbage. Other beliefs may be beneficial and worth keeping but not on display. It would help to discover what's there before you begin sorting and clearing.

Step One: Uncover Your Beliefs

Take out a journal or a pad of paper. Reflect on each question below, and write down everything you can think of in that category.

The first category is "*Beliefs about myself.*" Say out loud, "***Something I believe about myself is***"

Allow your mind to respond in any way it wants. Your job is to listen and write down everything you hear. Repeat the sentence, "***Something else I believe about myself is....***" Listen again and write down what you hear.

Let your thoughts flow. Don't judge your beliefs; allow whatever comes up to be written down, even if it sounds absurd. When your subconscious talks, it's an excellent time to listen. Allow yourself ample time for this exercise.

Begin with "*Beliefs about Myself,*" then identify at least four more Belief Categories—areas where life is the most challenging, and continue the process.

The Belief Categories

What I believe about

- Myself
- My body
- My health
- My work
- My financial situation
- My sexuality
- My abilities
- My limitations
- My attitudes
- My soul, spirit, or spiritual self
- My circumstances
- God/Spirit/Source
- Money
- Handicaps, injuries, illnesses
- My family
- My relationships
- My government
- The world
- Good and Evil
- Truth
- Life
- The past
- The future
- My beliefs

Two: Understand Your Beliefs

After completing at least five categories, review the beliefs on your list. **Circle five to ten beliefs that have the most negative charge on you.** They are the ones that significantly interfere with your life, your goals, and your relationships.

Next to each circled belief, write down your answers to the following questions:

1. Has this belief been *beneficial* to me in my life or *detrimental* to me?
2. Was this belief indoctrinated into me? If so, by whom?
3. Did I ever consciously choose to believe it? If so, when? Why did I do so?
4. What was the *advantage* of having this belief?
5. How has this belief *served me* in my life? What did I *get* or *gain* by having this belief?
6. What did I *avoid* by having this belief?
7. Who would I be without this belief?

After completing **Step Two**, review all of your answers. Then pick **three beliefs you would like to change**. Write them here. Bring this to your first session.

- 1) _____
- 2) _____
- 3) _____

Step Three: Create New Beliefs

When you delete an old belief from the subconscious mind, space is created, and you can install a new, more empowering belief to replace the old one.

Look at your Belief #1 above. What would you like to believe instead? The opposite is an excellent place to start, but don't stop there! You can enhance the new belief to make it feel supportive and powerful in your body, mind, and spirit.

For example, if your old belief was, "*There's something wrong with me,*" you could replace it with, "*There's something right with me.*" That belief is better, but it is not empowering. You go say, "*There's something wonderful*

about me." Or, going further, *"I have many wonderful and admirable qualities."*

Think of the ladder of good feelings, from "okay" to "fantastic." Fantastic might sound like, *"I am the light of my soul. I shine with my own unique and perfect light."* Can you feel the difference? You want to get that **WOW** feeling.

If you get stuck, ask, *"What experience do I want to have in this area of my life?"* Then imagine having that experience, and feel how it feels. Then ask yourself, *"What belief would create that experience and feeling?"*

If you decide to work with me, I will help you shape and refine the beliefs that will serve you best. You can continually improve your beliefs later if you choose to.

Write down the beliefs you want to have instead of the old limiting beliefs you identified above.

My three new beliefs:

- 1) _____
- 2) _____
- 3) _____

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