

I WAS TOLD...

A belief change exercise

with Krysti Turznik



So often as we grow up, we are told things that ultimately do not serve our purpose or our goals when we are grown. Sometimes those things that we are told are not helpful even while we are young. Yet we were told them so we believe them. Give yourself permission to really take an unbiased look at what you were told, and how they may have impacted your life.

Identify all the things you struggle with, are fearful of, your blocks and limitations.

(Example: confidence, worthiness, not enough \$, trust, responsibility with success, reactions from loved ones if I achieve my goals, not good enough, how to do something, etc.)

Identify the beliefs that go along with those things.

(Example: I'm not good enough, I don't deserve it, I'm not pretty enough, I don't know enough, That's not for me, I'm not smart enough, I'm not wanted, etc.)

Complete these sentences with your old beliefs and the new beliefs you will take with you from this moment forward.

(Example: I was told I don't know enough. That was nonsense! The truth is that I know more than I know I know! Write them on the back.)

"I was told or believed _____."

That was nonsense!

"The truth is _____!"

Remember you have a choice in what you believe. Choose the beliefs that honor who you truly are.

➔ Send me your completed worksheet and I'd love to talk with you about it. Email me at info@powerful-mind.com