

# Unsupportive Belief Busting Worksheet

What unsupportive belief am I holding onto that's keeping me from personal success?

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What happened that caused me to adopt this belief?

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What event, experience, or feeling confirmed this belief?

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What do I gain from holding this belief?

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Does this belief support my personal aspirations and goals?

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If not, why not?

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What is true about this belief?

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What is false about this belief?

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If I continue to hold this belief without question, what will happen to me?

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How has holding on to this belief contributed to my being where I am today?

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How has my holding on to this belief affected the people I love?

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What new belief would better support my personal goals?

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