

## Core Beliefs

Write some of the negative beliefs you have that are self-limiting or sabotage your ability to be your very best. Sometimes we refer to these beliefs as negative self-talk or negative tapes in our heads or gremlins. These are the things we believe that hold us back or prevent us from being authentic and healthy. Some examples might be: I have to be perfect; I can't make a mistake; I am not smart enough; I can't do it; If I am successful I will have to be accountable; Money is the root of all evil; etc. Then write the opposite, motivating positive belief about yourself.

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Negative \_\_\_\_\_  
Positive \_\_\_\_\_