

## Negative Belief Buster

### Your Negative Belief is:

### Question your thought

- Why do you believe that? (3 times)
- When did you take on this thought?

### Think of 3 Counter Examples

- Think of an example when the opposite was true for you...and you got a good result.
- Relive the experience by recreating the event from start to finish. Include what you saw, heard from others and in your own head and how you felt...especially at the end. Really re-live the event. Go into detail...tell your story!
- Think of 2 more examples. You can use examples from other areas of your life too.

### Think of a more positive belief

So what do you think now? Based on your 3 examples, identify a positive belief that will support you in achieving greater success.

- Your new positive belief must be what you want...not what you don't want.
- For example...**I get stressed when...**(negative thought) cannot become...**I don't get stressed when...**as this is also negative language. A positive alternative would be...**I am calm when...**

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continued

**Your New Empowering Belief is:**

- Visualise yourself holding this **New Positive Belief**.
- What will you do differently now that you have changed?
- Imagine a future situation where your old thinking would have got in the way of a great result and run through it from start to finish. Notice what you do differently going forward. Include what you see, hear from others around you and how you feel...especially at the end when you've achieved success. Really enjoy showing off your new way of thinking. Go into detail...tell your story!
- Think of 2 more examples. You can create examples in other areas of your life too if this helps.
- How do you feel about that old negative belief now? Can you even remember what it was? 😊