

Find the belief beneath the pattern

A practical coaching worksheet to help you notice the belief shaping a recurring reaction - and choose a more useful response.

01 Name the pattern

What situation, reaction or repeated result would you like to change? Be specific about when and where it happens.

02 Catch the inner sentence

In that moment, what do you say to yourself? Write the exact words, without editing them.

03 Find the belief underneath

Complete: For that thought to feel true, I must believe that I am... / other people are... / the world is...

04 Test it

What facts appear to support this belief? What facts, exceptions or experiences do not support it?

05 Understand its purpose

What has this belief tried to protect you from? What has keeping it cost you?

06 Choose a better belief

Write a belief that is credible, useful and gives you more choice - not a slogan you do not believe.

07 Make it observable

What is one small action you will take in the next 48 hours to test the new belief?

My new belief:
