

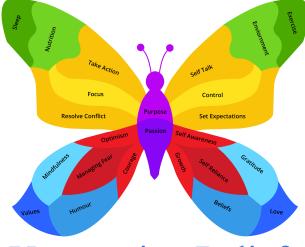




## **Building a Resilient Mindset One Day at a Time**



Module Four Spiritual Resilience



Uncovering Beliefs
Workbook

"Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it." Oprah Winfrey

1. The Out-of-Body Method	
It's often easier to recognize limiting beliefs in others than it is to recognize our ow	'n

Choose a problem, or an area of your life where you feel "stuck." If you are going to uncover limiting beliefs, you first need a specific situation to work with. Think of an area of your life you want to change.							
Once you've done this, step outside yourself and try looking at your situation from a third party point of view. Be the observer of your situation rather than a participant in it. Think of possible reasons this "other person" would have this problem. Why would they be stuck in this situation?  Write down what comes to mind.							

Do any of these beliefs ring true? If not, dig deeper until you find ones that do. Think about your assumptions and your unique life experiences. Are any of these contributing to unconscious limiting beliefs?

## 2. The Fill-In-The-Blank Method

This is a simple but super effective way to uncover limiting beliefs. Here's how it works: Describe a situation you're struggling with (e.g. "I can't start a business") and add the word

"because" at the end of it, then finish the sentence out loud.  Example:  I can't start a business because  Complete this sentence out loud and don't judge your answer.								
What you say after the word "because" will give you a clue as to what your underlying imiting beliefs are.								
Do this several times for the same topic and write down your answer each time.								
Record the first thing that comes to mind. If you do this without overthinking, it can help you uncover your unconscious beliefs surrounding the chosen subject.								
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## Having identified a limiting belief or beliefs, how can you explore ways to

## shift your mind set around this belief?

Belief One							
What else would be more helpful in this instance?							
Belief Two							
What else would be more helpful in this instance?							
Belief Three							
What else would be more helpful in this instance?							
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