

BELIEF HACKER EXERCISE

1. Select just one area you struggle with in your life and write down ways you find it difficult:

2. Read what you have written out loud.

3. Ask yourself the following questions:

- Is what I have spoken and written really true?
- Can I think of any examples that disprove these statements?
- How have these beliefs influence my life?

4. Consider how you could change these beliefs and write down your conclusion:

- What is my conclusion?

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ADDITIONAL NOTES:

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