**Assignment - Analyze each belief you believe is true**

From the first list of “I Am” statements, take each true belief and assign the label of beneficial or limiting to it. Feel free to ask others through our FB group for assistance with this process.

Rewrite your first true belief. Is it limiting or empowering (beneficial)?

I believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it a limiting belief or a beneﬁcial belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If it is limiting, find evidence from your own life or the life of someone you know or have heard about and prove that this belief is false. If it is beneficial, find evidence to prove that the belief is true. Do this for each belief. Feel free to ask others through our FB group for assistance with this process.

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Rewrite your second true belief. Is it limiting or empowering (beneficial)?

I believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it a limiting belief or a beneﬁcial belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

it is limiting, find evidence from your own life or the life of someone you know or have heard about and prove that this belief is false. If it is beneficial, find evidence to prove that the belief is true.

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Rewrite your third true belief. Is it limiting or empowering (beneficial)?

I believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it a limiting belief or a beneﬁcial belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it limiting or empowering (beneficial)? If it is limiting, find evidence from your own life or the life of someone you know or have heard about and prove that this belief is false. If it is beneficial, find evidence to prove that the belief is true.

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Rewrite your fourth true belief. Is it limiting or empowering (beneficial)?

I believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it a limiting belief or a beneﬁcial belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it limiting or empowering (beneficial)? If it is limiting, find evidence from your own life or the life of someone you know or have heard about and prove that this belief is false. If it is beneficial, find evidence to prove that the belief is true.

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Rewrite your fifth true belief. Is it limiting or empowering (beneficial)?

I believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it a limiting belief or a beneﬁcial belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is it limiting or empowering (beneficial)? If it is limiting, find evidence from your own life or the life of someone you know or have heard about and prove that this belief is false. If it is beneficial, find evidence to prove that the belief is true.

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**Analyze each belief you believe is NOT true**

Now let’s take a look at the beliefs that you believe are false. We will say here that these beliefs are only false if they are limiting. If these beliefs are empowering and beneficial, then they are always true for you. It’s simply that you do not believe them and this is often due to your current perception of reality and your limited perspective. If the belief is empowering, it is true. Now let’s take a closer look at these beliefs that you perceive are false and that keep you from experiencing the reality you prefer.

Rewrite the first belief that you see as false for you at this time in your life. Is it limiting or empowering

I currently do not believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would this be a limiting belief or an empowering belief if it were true? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write down your evidence to prove it is false if the belief is limiting or the evidence to prove it is true if the belief is beneficial and empowering. Use all of the lines provided and additional paper when necessary.

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would this be a limiting belief or an empowering belief if it were true? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write down your evidence to prove it is false if the belief is limiting or the evidence to prove it is true if the belief is beneficial and empowering. Use all of the lines provided and additional paper when necessary.

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Would this be a limiting belief or an empowering belief if it were true? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write down your evidence to prove it is false if the belief is limiting or the evidence to prove it is true if the belief is beneficial and empowering. Use all of the lines provided and additional paper when necessary.

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I currently do not believe the following statement to be true:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would this be a limiting belief or an empowering belief if it were true? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write down your evidence to prove it is false if the belief is limiting or the evidence to prove it is true if the belief is beneficial and empowering. Use all of the lines provided and additional paper when necessary.

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