

SELF-BELIEF EXPLORATION WORKSHEET

Introduction

Our beliefs about ourselves shape how we interact with the world, what we think we deserve, and what we believe we can achieve. These beliefs often form early in life and can be influenced by family, friends, teachers, experiences, and society. This worksheet will help you explore what you believe about yourself, where those beliefs came from, and how you might change unhelpful beliefs.

ACTIVITY 1: Core Belief Inventory

Instructions: Rate how strongly you believe each statement about yourself on a scale of 1-10 (1 = don't believe at all, 10 = completely believe)

Belief Statement	Rating (1-10)	Where did this belief come from?
I am worthy of love and respect		
I am capable of achieving my goals		
I deserve happiness		
My opinions and feelings matter		
I can handle challenges and setbacks		
I am good enough as I am		
I have unique strengths and talents		
I can learn from mistakes without shame		
I have control over my choices		
I belong and fit in with others		

Reflection Questions:

1. Which beliefs scored highest? How do these strong beliefs benefit you?

2. Which beliefs scored lowest? How might these lower beliefs limit you?
 3. Do you notice any patterns in where your beliefs came from?
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ACTIVITY 2: Message Archaeology

Instructions: Think about messages you received growing up about who you are and what you're capable of. These messages might have been direct statements or implied through actions.

Part A: Excavating Past Messages

List messages you received about yourself from each source:

Family:

- _____
- _____
- _____

School/Teachers:

- _____
- _____
- _____

Friends/Peers:

- _____
- _____
- _____

Media/Society:

- _____
- _____
- _____

Religious/Cultural Sources:

- _____
- _____
- _____

Part B: Impact Analysis

Choose 3 messages that had the strongest impact on how you see yourself:

1. Message: _____
 - How has this message affected your beliefs about yourself?
 - Is this message still influencing your choices today? How?
 - Is this message based on fact or opinion?
 2. Message: _____
 - How has this message affected your beliefs about yourself?
 - Is this message still influencing your choices today? How?
 - Is this message based on fact or opinion?
 3. Message: _____
 - How has this message affected your beliefs about yourself?
 - Is this message still influencing your choices today? How?
 - Is this message based on fact or opinion?
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ACTIVITY 3: Evidence Collection

Instructions: Choose one negative belief you have about yourself that you'd like to challenge.

My negative belief: _____

Part A: Prosecuting the Belief

List all evidence that seems to support this negative belief:

- _____
- _____
- _____
- _____

- _____

Part B: Defending Against the Belief

List all evidence that contradicts this negative belief:

- _____

- _____

- _____

- _____

- _____

Part C: Witness Testimony

Ask a trusted friend or family member what they think about this belief. What would they say?

Part D: The Verdict

After reviewing all the evidence:

1. Is my belief 100% true all the time? Why or why not?
2. What would be a more balanced and accurate belief?
3. How might I feel or act differently with this new belief?

ACTIVITY 4: Belief Origins Timeline

Instructions: Create a timeline of key experiences that shaped your beliefs about yourself.

Ages 0-5:

- Experience: _____
- Belief formed: _____

Ages 6-10:

- Experience: _____
- Belief formed: _____

Ages 11-14:

- Experience: _____
- Belief formed: _____

Ages 15-18:

- Experience: _____
- Belief formed: _____

Ages 19+:

- Experience: _____
- Belief formed: _____

Reflection Questions:

1. At what age did many of your core beliefs form?
 2. Were there any turning points where your beliefs about yourself shifted significantly?
 3. How have your beliefs evolved over time?
 4. Which beliefs seem most "set in stone" and which seem more flexible?
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ACTIVITY 5: The Belief Test

Instructions: Select 3 of your strongest beliefs about yourself (positive or negative) and put them through this test.

Belief #1: _____

1. Is this belief helpful or harmful to me?
2. What would happen if I believed the opposite?
3. Would I want a loved one to believe this about themselves?
4. Will this belief still matter to me in 5 years?
5. If I set this belief aside, what might become possible?

Belief #2: _____

1. Is this belief helpful or harmful to me?
2. What would happen if I believed the opposite?
3. Would I want a loved one to believe this about themselves?
4. Will this belief still matter to me in 5 years?
5. If I set this belief aside, what might become possible?

Belief #3: _____

1. Is this belief helpful or harmful to me?
2. What would happen if I believed the opposite?
3. Would I want a loved one to believe this about themselves?

4. Will this belief still matter to me in 5 years?
 5. If I set this belief aside, what might become possible?
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ACTIVITY 6: Compassionate Observer

Instructions: Imagine you are observing yourself from a distance with complete compassion and understanding.

1. What would this compassionate observer say about how you formed your beliefs about yourself?

2. What would they notice about how you speak to yourself?

3. What might they point out that you're overlooking about yourself?

4. What advice would they give you about changing unhelpful beliefs?

ACTIVITY 7: Belief Replacement Workshop

Instructions: Work on transforming limiting beliefs into empowering ones.

Limiting Belief	Where it came from	How it limits me	Empowering Alternative	Evidence for new belief
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Steps to strengthen new beliefs:

1. Write your new belief on a card and read it aloud each morning
 2. List one action you can take each day that aligns with this new belief
 3. Notice when you're acting from the old belief and consciously pivot
 4. Surround yourself with people who reinforce your new belief
 5. Celebrate evidence that supports your new belief
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ACTIVITY 8: "Who Told You That?" Practice

Instructions: This activity helps you question your beliefs in daily life.

For one week, when you notice a self-critical thought or limiting belief, ask yourself:

1. "Who told me that?"
2. "When did I first believe this?"
3. "Is this actually true, or just familiar?"

Keep a log of what you discover:

Day	Self-critical thought	Who/when this belief formed	Is it actually true?	Alternative perspective
Mon				
Tue				
We				
d				
Thu				
Fri				
Sat				
Sun				

ACTIVITY 9: Letters of Influence

Instructions: Write short letters to the people or experiences that shaped your beliefs.

Letter 1: To someone who gave you a positive belief about yourself

Letter 2: To someone who gave you a limiting belief about yourself

Letter 3: From your future self to your present self about beliefs

ACTIVITY 10: Personal Belief Statement

Instructions: Create a statement that reflects who you truly are, separate from what others have told you.

1. I am... (core qualities)

2. I can... (capabilities)

3. I deserve... (what you know you're worthy of)

4. I choose to believe... (new empowering beliefs)

5. Even when... (challenges)

Combine these into a personal belief statement you can refer to:

Final Reflection Questions

1. What was the most surprising discovery you made about your beliefs?
2. Which belief do you most want to change, and what first step will you take?
3. How might your life be different six months from now if you consistently practiced your new beliefs?
4. What support do you need to maintain your new beliefs when old patterns emerge?
5. What would you tell someone else who is struggling with similar limiting beliefs?

Remember: Beliefs can be deeply ingrained and take time to change. Be patient with yourself in this process. Consistent small steps lead to meaningful change over time. Consider sharing this work with a trusted friend, mentor, or counselor who can support your journey.