

Belief-Mapping - The Inner Architecture

Purpose: To help you identify core beliefs, assess where they came from, and decide which ones serve their growth and which may need to be revised.

Section 1: Identifying Core Beliefs

Instructions: List 5–7 beliefs that influence how you approach life.

Belief I Hold	Where Did This Belief Originate?	Is This Belief Helpful or Limiting?	Do I Want to Keep, Shift, or Release It?
e.g., "I must always be productive to have value,"	Family upbringing	Limiting	Shift: Redefine value beyond output

Section 2: Rewriting Limiting Beliefs

Choose one belief you would like to reframe.

Original Belief: _____

What evidence supports this?

How has it shaped your life so far?

New, empowering belief: _____

What action can I take this week to live this new belief?

