

# The Belief Interrogation Worksheet

1. **Write down one belief you've carried for a long time.**

Keep it to one sentence.

**Some examples are:**

- "I'm too old to change."
- "If I slow down, everything will fall apart."
- "I'm not the kind of person who succeeds."

2. **Ask: Who taught me this?**

Write down every influence you can think of.

3. **List five pieces of evidence that contradicts the belief.**

If you can't find five, aim for three. If you can't find three, aim for one. Start where you are.

4. **Rewrite the belief into a more accurate version.**

Make sure it feels grounded, not forced.

5. **Read the new belief aloud.**

Notice how it feels in your body.

Does it feel possible?

Does it feel like a story you could grow into?

This worksheet isn't about erasing your old story overnight. It is about loosening its grip so a new one can emerge.

Worksheet generated by Copilot AI