



Core Beliefs

How to Identify and Transform
your Core Beliefs Workbook



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What are core beliefs?

Definition:

Core beliefs are our most deeply held assumptions about ourselves, the world, and others. They are formed early in life and shaped by our upbringing and our experiences.

Beliefs aren't facts

Core beliefs are often self-perpetuating

This means they literally attract “evidence” that supports them. That’s one big reason why we often FEEL they are factual—even if they’re not.

They can be changed

The good news about this is that – if our core beliefs aren’t serving us— we can make efforts to change them so that they work for us instead of against us.



Identifying Core Beliefs

1

Be Aware
of them

2

Trace Their
Origin

3

Challenge
Them

Once you realize what core beliefs are limiting you, you'll be able to transform the negative beliefs into positive beliefs.

Challenging ANTs

Now that you've become aware of negative beliefs, you can challenge them.

Increase
Awareness of
Cognitive
Distortions

Identify False
Beliefs About
Emotions

Identify Limiting
Beliefs about
Strengths

Address Unhelpful
Beliefs about
Relationships

Life of Gratitude

One simple way you can start to re-shape your core beliefs is by saying

**Thank
You**

and practicing gratitude when your thoughts get unhelpful.



Self-Eulogy Exercise

Imagining your own funeral service - what would you like people to say about you? This exercise will help you clarify your values and how you can use them as guides that shape your behaviors and decisions. Knowing your values helps us to live more fulfilling and more prosperous lives.

Core Beliefs

Question 1: What are your core beliefs? Identify both negative & positive beliefs about yourself including your strengths, emotions, and relationships.

Transforming Core Beliefs

Question 2: How will you transform your beliefs so that your productivity, happiness, and well-being become more positive and fulfilling?

Core Beliefs and Goals

Question 3: How many times have you let limiting beliefs hold you back from achieving your goal/s? Write down what those goals were & how will plan on pursuing those goals now that you've identified your ANTs and transforming them into positive beliefs.



Thank You!

We hope you found this workbook on core beliefs helpful. We'd love to hear how this has helped! Come tell us about your experience via the contact details below.

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