

REWRITING NEGATIVE BELIEFS

IDENTIFYING NEGATIVE BELIEFS

Write down three negative beliefs you hold about yourself. Use the space below to clearly articulate each belief.

- 1.
- 2.
- 3.

CHALLENGING NEGATIVE BELIEFS

For each negative belief listed above, answer the following questions:

- Is this belief based on facts or assumptions?
- What evidence contradicts this belief?

Negative Belief 1:

- Facts or Assumptions? _____
- Contradictory Evidence: _____

Negative Belief 2:

- Facts or Assumptions? _____
- Contradictory Evidence: _____

Negative Belief 3:

- Facts or Assumptions? _____
- Contradictory Evidence: _____

REFRAMING NEGATIVE BELIEFS

Rewrite each of your negative beliefs into a positive statement. Consider how these new beliefs can influence your actions and outlook.

- 1.
- 2.
- 3.

PERSONAL REFLECTION: JOURNALING

Reflect on the following prompt and write a short journal entry:

"How can embracing positive beliefs about myself enhance my personal and professional development?"

ACTION PLAN: IMPLEMENTING POSITIVE BELIEFS

Create an action plan to incorporate your new positive beliefs into daily life. Outline specific actions you will take to reinforce these beliefs.

- Positive Belief 1: _____
 - Action Steps: _____
- Positive Belief 2: _____
 - Action Steps: _____
- Positive Belief 3: _____
 - Action Steps: _____