

Beliefs

In this exercise, I want you to be brutally honest about where you are *RIGHT NOW*. Y'all know I'm all for moving toward the direction to where we want to be, but if we're not able to come face-to-face with where we are now, we will not be clear about the steps to arise from our current state. On this sheet, I want you to be *VERY* honest with where you are as of today--this very moment.

Up until now...

My beliefs about starting a business are:

My beliefs about my personality are:

My beliefs about life are:

My beliefs about money are:

My beliefs about career are:

Beliefs

Now, here's the fun part. Take a good look at those previous beliefs you wrote and exchange them for your new beliefs. Write the opposite of the previous beliefs which no longer serve you. Revel in the beliefs you will now carry with you. AND, not just that, write them in the PRESENT tense. After reading those out loud, I want you to go back into your mindset journal and cross out all of those things that aren't working for you anymore.

Now...

My beliefs about starting a business are:

My beliefs about my personality are:

My beliefs about life are:

My beliefs about money are:

My beliefs about career are: