Old beliefs, ideas we have acquired over time, practiced without awareness, assumed into the fabric of our being, can prevent us from moving forward with our life vision and the goals we set to take us there. The questions below are intended to help you identify what is keeping you in an old belief and point you with confidence toward living in a new, more empowering belief.

**MY OLD BELIEF**

The old belief I am ready to release is:

How has this old belief served me?

How has this old belief limited me?

What unspoken rules do I live by which reinforce this belief?

What habits, activities, experiences reinforce this old belief?

When I act contrary to this old belief, how do I feel?

When I act contrary to this old belief, what saboteurs, negative voices come out to play?

Who all in my past or present align with and reinforce this old belief?

What message can I give to those who align with this old belief?

When I vision my future, how would this old belief limit me?

What have I learned from this old belief that I will want to take with me into my future?

**MY NEW BELIEF**

When I vision my future, what rewrite – or totally new belief – will serve me better?

What personal strengths and qualities help me trust that I can live this new belief?

Who all in my past or present align with and reinforce this new belief?

What support do I need to request from those who align with this new belief?

What habits or activities will I embrace as I live into this new belief?

What has become possible because I embrace this new belief?