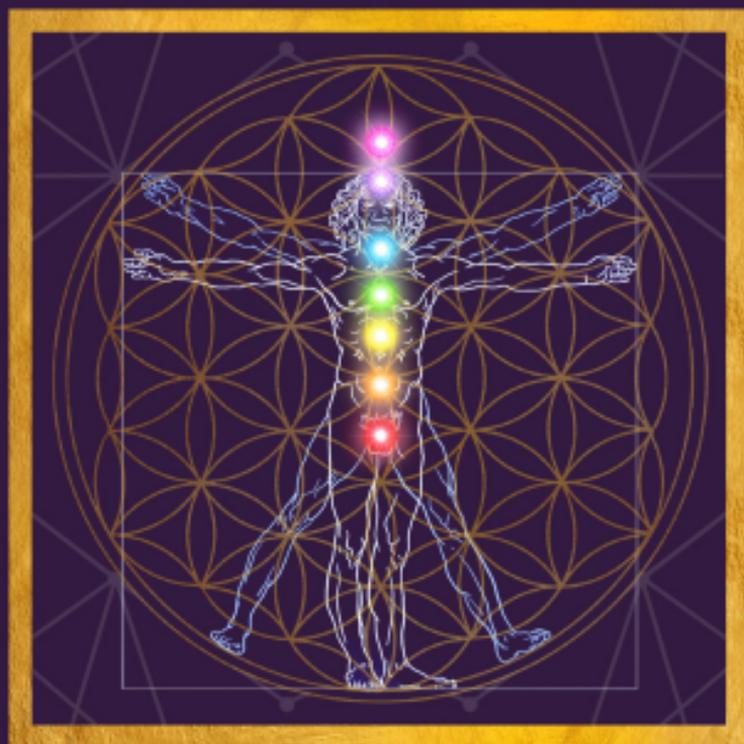


# WHERE ARE YOUR BELIEFS AT?



SHARON WHITE

## Where Are Your Beliefs At?

*Make sure you are away from distractions and take some time for yourself to really dig deep.*

**Take a minute to really think about some of your core beliefs. Then write your answers below:**

**1. What do you believe about yourself?**

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.....

**2. What do you believe about your health?**

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.....

## Where Are Your Beliefs At?

3. What do you believe about money?

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.....

4. What do you believe about love?

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5. What do you believe about family?

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.....

## Where Are Your Beliefs At?

**6. What do you believe about religion/spirituality?**

.....  
.....  
.....

The second part of this exercise is to take your answers and write next to each section – where did that belief come from originally?

**1. What do you believe about yourself?  
Where/who does this belief come from?**

.....  
.....  
.....

## **Where Are Your Beliefs At?**

**2. What do you believe about your health?  
Where/who does this belief come from?**

.....  
.....  
.....

**3. What do you believe about money?  
Where/who does this belief come from?**

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## Where Are Your Beliefs At?

4. What do you believe about love?

Where/who does this belief come from?

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5. What do you believe about family?

Where/who does this belief come from?

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## Where Are Your Beliefs At?

6. What do you believe about religion/spirituality? Where/who does this belief come from?

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.....

How was that exercise for you? Are you now starting to realise that some of the things you believe may not be true?

Are you thinking that maybe some of the things you want in your life are on the other side of what you believe?

**Are you ready to start making a shift?**

**You are so much MORE than you believe you  
are - Sharon White**