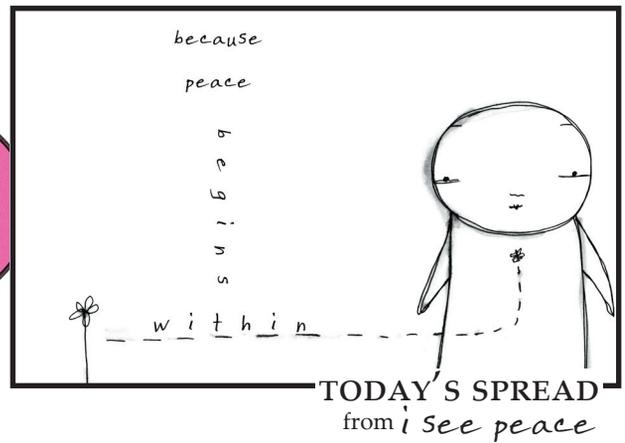


Seeing & Understanding beliefs



After you've completed the *Seeing Your Thoughts* worksheet on page 37 (Day 8), *Look at your thoughts.*

I encourage you to play with the peace thoughts that you wrote in the center area first before moving on to other thoughts. Peace is a perfect place to practice.

You can use the *Seeing and Understanding Beliefs* worksheet on the next page with as many thoughts as you like or you can do it with just the ones that stand out to you intuitively.

Write the thought on the first line, then use your imagination to uncover 3 beliefs you think might have led to this thought.

For example the thought, *"I never have enough time."*

Beliefs that could lead to this thought would vary from person to person, but **3 possible underlying beliefs** are:

1. *I'm the only one I can count on.*
2. *I have to do everything.*
3. *I can't trust that things will work out.*

Keep a playful spirit. You'll know if you hit on beliefs that resonate with you because you've been listening to your inner self. Uncovering beliefs is a powerful tool.

Finally, imagine the effect these beliefs may have on your life.

For example (from the 3 beliefs above) an effect may be, *"I'm always mildly stressed out which affects my health. I have a lot of mistrust in my life. No matter what, I feel there's always more to do, I can never rest."*

*******Make sure you don't just notice challenging thoughts.

Savorsavorsavor the tasty thoughts too!



Seeing & Understanding BELIEFS

Believing is Seeing

look at your thoughts & their effects

thought

thoughts

belief

underlying BELIEFS

effect on my LIFE

thought

thought

effect on my LIFE

thought

BELIEFS

underlying?

effect on my LIFE

effect on my LIFE

underlying BELIEFS