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worksheet

How to Change a Belief?

Here is a simple exercise that will help you change your Beliefs.
There are 3 components to make the new belief valid quickly.

I Rewriting the new belief

Old Belief – write it in pencil

New Belief – write it in red pen

II 15 days Worksheet

Please answer these questions on a new worksheet every morning

1. What would it be like if this new belief was true?

2. What would be different in my world if this new belief was true?

3. Is this new belief beneficial for me?

4. If I had a choice between old belief and new belief I choose?

III Play a Pretend Game

Pretend if New Belief was in your life what would life be like?

Do keep us posted on the changes in your life on info@brightmiracles.com

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