



Belief Alchemy Worksheet

"By believing, one sees" - Credendo Vides

Step 1: Your Limiting Belief

Write down the belief that you now realize may be holding you back.

Step 2: How Does This Belief Make You Feel?

Describe how this belief affects your energy, your actions, or your self-worth.

Step 3: Is It Absolutely True?

Challenge the belief. Ask: Do I know this is 100% true, without a doubt? Reflect on any evidence to the contrary. For more ways to question your belief, see the prompts on the next page.

Step 4: Create a New Empowering Belief

Craft a statement that affirms what **is** possible. Use bridge phrases like:

- "I can imagine..."
- "Wouldn't it be nice if..."
- "What if I could believe..."
- "I am learning to..."

Step 5: Feel It, Speak It, Repeat It

Read your new belief aloud. What would it feel like if this were already true? What actions might you take from this new belief?

More ways to loosen the grip of a limiting belief:

Use these additional questions during Step 3 to further challenge your belief. Let your heart be your guide. Notice which questions stand out or stir something in you. You can't get this wrong, and you can't mess it up. Just explore with curiosity and compassion.

- Where did this belief come from?
- Who taught me this, and were they someone I want to model my life after?
- What does this belief protect me from—and is that protection still necessary?
- What's really stopping me from _____?
- How do I know this is true?
- Is it true every single time?
- Has there ever been a time when this wasn't true?
- Is this belief helping me grow or holding me back?
- How do I act when I believe this thought?
- What would I do differently if I no longer believed this?
- What if it actually went really well?
- What would I say to someone I love if they believed this?
- Is this a fact, or just a feeling?
- If I had to prove this belief true in court, what evidence would I have?
- If this obstacle were just a small step, what would that look like?
- Who might I become without this belief?
- Is there anyone who *doesn't* believe this, and thrives because of it?
- How else could I approach this?
- What tiny action could I take right now, even with this belief?
- Have I ever done something scary and come out the other side?
- What would I try if I wasn't afraid to fail?
- What belief would be more loving, more true, or more empowering?

This Belief Alchemy Worksheet is a gift from Erin Moir Gjertsen and My Spirit (www.myspirit.us). Feel free to share it with others and kindly keep the credit and website link intact.

