

The Story

IDENTIFYING CORE BELIEFS

<ul style="list-style-type: none">○ Myself○ Men○ Women○ My personal relationships○ Love○ Romance○ The world○ Others (People, Cultures, Faiths, Race, Etc.) <p>* Many topics will overlap beliefs. Only select one for each iteration.</p>	<ul style="list-style-type: none">○ Health/body image○ Myself○ Money/Finance○ Career/Work○ Religion/Spirituality○ A Specific Situation○ Predominant Emotion○ Other <hr/>
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1. What is your story for the area identified? (Be aware of where your mind wants to recreate the story based on what you believe a healed person would say, or toxic positivity that include rationalizations and phrases of what we believe “should” be true about this part of your life. Your first response is generally, the most aligned with your soul truth.)

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2. What are any overwhelming emotions or triggers (disproportionate/overwhelming emotional responses) that surfaced during writing your story?

3. Identify any repeating patterns (emotional, thematic, beliefs) from the story.

4. What are any obligation statements from the story? (Always, should, have to, need to, or must)

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5. What roles or rules about yourself can you identify in your story? (Passive, active, I am, I was) Where were you making excuses or rationalizations for others or yourself?

6. Who are the strong characters that determined the story for you? If people were mentioned, what was their role?

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7. What beliefs, expectations, programs, rules, or beliefs existed in the story above?

- Review the story and underline any items that you identified as a program/belief.
- Use the questions answered above to identify what general beliefs you hold around this area of your life.
- This is an all-inclusive list that will be further pared down into core beliefs in future steps.

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8. Review the above list of beliefs and circle any beliefs that are untrue, toxic, or false.
9. For each circled belief listed in #7, create a separate “5 levels of Why” worksheet.