

# Your Beliefs

## Workbook

A guided workbook for reflection,  
awareness, and intentional growth.

SELF-GROWTH JOURNEY

---

# Your Beliefs

Many of the thoughts, reactions, choices, and expectations we carry through life are shaped by beliefs we may not fully notice.

Some beliefs feel supportive and grounding.  
Others may quietly influence the way we see ourselves, other people, or what we believe is possible for us.

Often, these beliefs are formed slowly through experience, relationships, environments, and the stories we absorb over time.

This workbook is an invitation to gently explore some of the beliefs you carry with more awareness and honesty.

Not to judge yourself.  
Not to force change.  
But simply to notice what feels true, familiar, limiting, supportive, or deeply rooted beneath the surface.

As you move through these pages, you may begin to recognize patterns in the way you think, respond, interpret experiences, or relate to yourself and the world around you.

Some reflections may feel clear immediately.  
Others may take more time to fully understand.  
That's completely okay.

Sometimes awareness itself becomes the beginning of change.

Take what resonates.  
Leave space for uncertainty.  
Return to anything that feels important.

This is not about fixing yourself.  
**It's about becoming more aware of the beliefs shaping your experience.**



## Exploring Your Beliefs

Take some time to explore the beliefs you carry about:

- yourself
- other people
- the world around you

Write down whatever naturally comes to mind.

As you look through your responses, you may begin to notice that some beliefs feel supportive, while others feel limiting or restrictive.

Mark any beliefs that stand out strongly, especially the ones that seem to shape your thoughts, choices, expectations, or experiences.

From there, choose a few beliefs to explore more deeply.

You might reflect on:

- how this belief has influenced your life
- what it has encouraged or discouraged
- whether it still feels fully true
- whether another perspective may also be possible

Sometimes clarity begins simply by seeing a belief more directly.



## Beliefs about myself

| Belief Prompt  | Belief & Where does this show up most?<br><i>(Physical / Mental / Emotional)</i> |
|--|--|
| How do you tend to describe yourself?                  |  |
| What do you tend to judge or criticize about yourself? |  |
| What do you believe works in your favor?               |  |

## Beliefs about others

| Belief Prompt                           | Belief |
|---|--------|
| What do you expect from others?         |        |
| How do you experience your environment? |        |
| What do you believe drives others?      |        |





## Beliefs that may be holding you back

Look back at the beliefs you've written so far.

Some may feel supportive and grounding. Others may quietly shape what you expect, attempt, or allow for yourself.

Notice the beliefs that feel especially central—particularly the ones that:

- create hesitation or self-doubt
- feel rigid or discouraging
- influence how you see yourself, others, or what's possible

Choose a small number that feels meaningful to explore more closely.

Even one or two strong patterns can reveal a great deal.

| Rank | Limiting Belief |
|------|-----------------|
| 1    |                 |
| 2    |                 |
| 3    |                 |
| 4    |                 |
| 5    |                 |



## Reframe Limiting Beliefs

*Explore how this belief has shaped your thoughts, expectations, choices, or experiences over time.*

**Limiting Belief #1**

**How has this belief shaped your life?** *(thoughts, choices, patterns, or behaviors)*

**What has this belief cost you?** *(opportunities, confidence, relationships, energy)*

**Is this belief fully true?** *(or is it just something you've learned or assumed?)*

**What might be another way to look at this?** *(a more supportive or balanced perspective)*



## Reframe Limiting Beliefs

Explore how this belief has shaped your thoughts, expectations, choices, or experiences over time.

**Limiting Belief #2**

**How has this belief shaped your life?** (*thoughts, choices, patterns, or behaviors*)

**What has this belief cost you?** (*opportunities, confidence, relationships, energy*)

**Is this belief fully true?** (*or is it just something you've learned or assumed?*)

**What might be another way to look at this?** (*a more supportive or balanced perspective*)



## Reframe Limiting Beliefs

Explore how this belief has shaped your thoughts, expectations, choices, or experiences over time.

**Limiting Belief #3**

**How has this belief shaped your life?** (*thoughts, choices, patterns, or behaviors*)

**What has this belief cost you?** (*opportunities, confidence, relationships, energy*)

**Is this belief fully true?** (*or is it just something you've learned or assumed?*)

**What might be another way to look at this?** (*a more supportive or balanced perspective*)



## Reframe Limiting Beliefs

Explore how this belief has shaped your thoughts, expectations, choices, or experiences over time.

**Limiting Belief #4**

**How has this belief shaped your life?** (*thoughts, choices, patterns, or behaviors*)

**What has this belief cost you?** (*opportunities, confidence, relationships, energy*)

**Is this belief fully true?** (*or is it just something you've learned or assumed?*)

**What might be another way to look at this?** (*a more supportive or balanced perspective*)



## Reframe Limiting Beliefs

Explore how this belief has shaped your thoughts, expectations, choices, or experiences over time.

**Limiting Belief #5**

**How has this belief shaped your life?** (*thoughts, choices, patterns, or behaviors*)

**What has this belief cost you?** (*opportunities, confidence, relationships, energy*)

**Is this belief fully true?** (*or is it just something you've learned or assumed?*)

**What might be another way to look at this?** (*a more supportive or balanced perspective*)



# Continue Your Journey

Thank you for taking the time to explore some of the beliefs that may be shaping your thoughts, experiences, and perspective.

Beliefs are often more powerful than we realize.

They can influence how we see ourselves, what we expect from life, and the possibilities we allow ourselves to imagine or pursue.

Some of the beliefs you reflected on may feel supportive and deeply aligned. Others may feel like patterns you're beginning to question more gently and honestly.

Small moments of awareness can begin to shift the way you relate to yourself, your experiences, and the stories you carry over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.  
Leave what doesn't.  
Return whenever you need to.

## **Explore the Full Blueprint:**

[sgjourney.life/blueprint](https://sgjourney.life/blueprint)

*Additional printable tools, planning pages, and guided growth resources are available online.*

selfgrowthjourney.life