

# Changing Your Beliefs

(order of completion) ↓	OLD	↓	NEW
<b>BELIEF</b> 1. What is my belief? — 8. What is my new (or bridge) belief? 1		8	
<b>DESIRE</b> 7. What do I desire? 7			
<b>VISION</b> 6. & 9. What is my future if I keep this belief? 6		9	
<b>THOUGHTS</b> 5. What thoughts do I think to confirm this? — 10. What thoughts does someone think who believes this? 5		10	
<b>ACTIONS</b> 4. What actions do I do to confirm this? — 11. How does someone who believes this act? 4		11	
<b>HABITS</b> 3. What habits do I have that confirm this? — 12. What habits would someone have if they believed this? 3		12	
<b>DESTINY</b> 2. & 13. What is my destiny with this belief? 2		13	

- ◆ Follow the numbers to take you through the process of changing a belief. Start by writing down your old belief and move through steps 1-13.
- ◆ Look through the listed thoughts, actions, and habits to help you determine what healthy transformation you want to make and then use the **Choosing The Transformation Routine** worksheet to start the transformation process.
- ◆ Use the **Bridging Beliefs, Thoughts, & Actions** worksheet to help you as necessary.