



The **BeliefCloset** Process™

Transforming Lives – One Belief at a Time

Belief Self-Diagnosis Exercise

This exercise will help you expose your own subconscious (invisible) beliefs to your conscious mind. At the end of the exercise, you'll choose three beliefs to explore and change in your first *BeliefCloset* sessions. You can also use this list when you work with a *BeliefCloset Practitioner*.

Step One: Uncover Your Beliefs

This process is the beginning of an open dialogue with your subconscious mind. And when it talks, it's a good idea to listen. Give yourself a few minutes to write freely on each question. You will need a journal or a pad of paper.

Contemplate each question below, and write down every belief you can think of in that category. With each question, say to yourself, "*Something I believe about **myself** is...*" Or, "*Something I believe about **my body** is...*" Let your thoughts flow, and keep your pen moving. Don't judge your beliefs, argue with them, or censor them. Just allow whatever comes up to be written down. Write down all of the beliefs that come to mind, even if they sound absurd or strange, or even if you have the thought, "*I don't believe that anymore.*"

Work with as many questions as you can in one sitting. Then, go to Step 2 and work at a deeper level with a selection of the "biggies" – beliefs that have gotten in the way in your life, interfering with your happiness.

Return to this first step later and explore the remaining questions. Some people find this process easy, with beliefs popping up in rapid succession. Others need to spend more time, quietly, listening for a small, soft voice in the distance. Be patient with yourself. Take whatever you get. This is the beginning of a profound practice.

The Belief Questions

What I believe about...

- Myself
- My body
- My health
- My work
- My financial situation
- My sexuality
- My abilities
- My limitations
- My attitudes
- My soul, spirit or spiritual self
- God/Spirit/Source
- My circumstances
- Money
- Handicaps, injuries, illnesses
- My family
- My relationships
- My government
- The world
- Good and Evil
- Truth
- Life
- The past
- The future
- My beliefs

Step Two: Understand Your Beliefs

Review your list of beliefs and **circle between five and ten beliefs that have *the most negative charge for you*** – that is, beliefs you feel have really interfered with your life. Next to each circled belief, write down your answers to the following questions:

- a. Has this belief been *beneficial* to me in my life or *detrimental* to me?**
- b. Was this belief *indoctrinated* into me? If so, by whom? Did I ever consciously *choose to believe it*? If so, when? Why did I choose to do believe it?**
- c. What has been the *advantage* of having this belief? How has it *served* me in my life? What did I *get* or *gain* by having this belief? What did I *avoid* by having this belief?**
- d. Who would I be without this belief?**

e. What would I rather believe, if I had a choice? What belief would be more positive, beneficial, and empowering in my life?

From this list, pick the top three beliefs that you would like to get rid of during the teleseminar:

- 1) _____.
- 2) _____.
- 3) _____.

Step Three: Creating New Beliefs

When you discreate an old belief, what is created is space, a sense of openness and possibility. You then have the opportunity to install a new, more empowering belief in that space. If you don't fill the space, the old belief may creep back in.

Look at your *Belief #1* above. What would you like to believe instead? A good place to start is its opposite, but don't stop there. Since you can create any belief you want, think big. Create a belief that feels supportive and very positive in your body as well as your mind.

For example: if the old belief is *"There's something wrong with me,"* you could replace it with, *"There's something right with me."* That belief is better, but it's not very empowering. If you push it all the way up the scale of good feelings, you might come to: *"I am the light of my soul. I shine with my unique and perfect light."* Can you feel the difference? Go for that "WOW" feeling.

Here's another example. If you hold the old belief, *"I am not loved,"* you could replace it with *"I am loved,"* which is a good belief to have. But feel what it would feel like to believe, *"I deserve and receive love from all the people in my life who are good for me."* Since you get to choose the beliefs you have, you might as well find the most empowering beliefs that you can express, own, and enjoy.

Since every belief produces a specific feeling & experience, ask yourself what experience you would LIKE to have about this topic. Imagine having that feeling right now. Then, ask yourself what belief would create that feeling.

You'll have an opportunity to try on your new beliefs inside your *BeliefCloset*, and you can make adjustments as necessary when you're there.

When you work with a *BeliefCloset Practitioner*, he or she will work with you to shape the beliefs that will best serve you. And don't worry – you can always improve your beliefs later. You've been living with those old beliefs for decades. Creating new beliefs is a skill that improves with practice.

Take time now and write down the beliefs you would like to have in place of the three old limiting beliefs above.

My three new beliefs:

- 1) _____.
- 2) _____.
- 3) _____.

This exercise is an excerpt from the book, ***Transform Your Beliefs: Unleash Your Magnificence and Change Your World***, by Lion Goodman. Download a free copy of this eBook by registering here: www.TransformYourBeliefs.com.

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