Belief Question Tool

Purpose

Beliefs shape how you move through the world.
This tool helps you notice them with curiosity—not pressure.

Right Now Check-In

Pause for a moment.

A belief that feels loud or heavy right now is:

Where It Came From

You don't need to analyze this deeply.

This belief feels:
☐ Learned
☐ Chosen
☐ A mix of both
☐ I'm not sure

Notice the Fit

Without changing anything yet, check what feels true:

☐ This belief still supports me
☐ This belief once helped, but feels outdated
☐ I'm allowed to question this belief
☐ I don't need to decide anything today

Carry-Forward Awareness

No fixing required.

One way I can relate to this belief with more flexibility as I move forward is:

Bridge the Gap Coaching

Beliefs aren't commands. They're information. Awareness loosens their grip as you carry forward.