

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
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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 - ☐ This belief once helped, but feels outdated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
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Carry-Forward Awareness

No fixing required.

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

Reflection

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