

Rewriting Negative Beliefs Worksheet

This worksheet helps you identify and reframe limiting beliefs into empowering ones.

Examples:

Example Negative Belief: I'm not good enough.

Challenging Questions:

- Is this belief based on facts or assumptions?
- What evidence contradicts this belief?

Reframed Belief: I am learning and growing every day, and I am capable.

Instructions:

1. Write down 3 negative beliefs you hold about yourself.
2. Challenge each belief with evidence or alternative perspectives.
3. Rewrite each belief into a positive statement.
4. Consider how these new beliefs can change your actions or outlook.

