



Belief Self-Diagnosis Exercise



***Changing your beliefs is as easy
as changing your clothes.***

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ClearYourBeliefs.com

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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 be instructed to choose three beliefs you would like to change. You can work with a *BeliefCloset Practitioner* by phone or skype, or use the recorded session in the multimedia eBook, *Transform Your Beliefs*, which you can download for free at www.TransformYourBeliefs.com.

Step One: Uncover Your Beliefs

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.

Begin by saying to yourself, "*Something I believe about myself 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 them, even if they sound absurd or strange to you. When your subconscious talks, it's a good time to listen. Give yourself a few minutes to write freely on each question.

Answer as many questions as you can in one sitting. You can always come back and explore the remaining questions later.

The Belief Questions

What do I believe about...

- Myself (who I am)
- My body
- My health
- My work (what I do)
- My financial situation and money
- My abilities (what I can do)
- My limitations (what I can't do)
- My attitude toward self & others
- My circumstances
- Love, and my sexuality
- My relationships with others
- My soul / spirit / spiritual self
- What I have and own
- Handicaps, injuries, illnesses
- My family
- My government
- The world I live in
- Good and evil
- God / Spirit / Source
- Truth
- Life itself
- The past
- The future
- My beliefs