

How to Change Core Beliefs

This *Transforming Core Beliefs* PERSONAL DEVELOPMENT WORKSHEET is from:
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Our beliefs are extremely powerful, influencing us at every level of our being, from our feelings about ourselves to what we believe we can achieve, to what we expect from others, and to how we perceive and experience the world around us. We, in effect, create the world by believing what is possible and probable.

Belief is so powerful that it has inspired scientific research. These studies have shown that our beliefs influence how much happiness, peace, optimism, and contentment we experience on a daily basis. They have an impact on our motivation, confidence, self-esteem, and how effectively we use our skills and abilities. Beliefs even influence the depth of connection we have with those around us, limiting or sabotaging our relationships.

The mysteries of identifying and transforming core beliefs is an exciting journey of personal development because the process solidly changes your energetic vibration, and in turn, your life, health and well-being. Anything that is STUCK with the Core Belief gets shifted, released, transmuted and/or transformed.

I've done this process with myself more than 20 years ago and changed my physical body ailment (quite a personal one!). And over the years I've done this same process with clients with great affect, and witnessed their life positively change.

Since childhood the information you received from the environment – your parents, family members and society – formed a **PERSONAL TEMPLATE FOR LIVING** of beliefs, thoughts, attitudes and assumptions that are now your Lens of Life. This template is how you perceive the world and tells you what to feel and how to behave.

In Personal Development we love solving the mysteries of the mind and expand or transform them to improve life. Let me give you an example. If you've always been introverted and shy in public places because one of your core beliefs might say, "People will judge me and not accept me for who I am. They might laugh at what I say." When you



CHANGE THAT CORE BELIEF, 80% chance that you will feel more confident in public places; keeping in mind the amount of layers that need to be shifted.

The first step in changing a core belief is to identify it. This process seems to be the most challenging for people because it often comes with emotional ties that are attached to their self-identity. Beliefs are often attached and related to other beliefs too – so there’s a matrix of beliefs to work with. When you do identify the core belief to be changed and the other related beliefs the process is halfway done. It’s a bit challenging at first, but gets easier with practice. The complete package to change are the beliefs, attitudes as well as the feelings that are attached to the initial time the belief was set in motion.

Identifying Core Beliefs

Let’s go back to the example above. The emotion of being fearful and shy in public places is the start of your journey. The idea is to follow the troubling emotion deeper into the unconscious where the hidden belief resides.

When solving the mysteries of the mind you have to keep questioning how the emotion is created by asking yourself questions such as, “What does this feeling mean to me?”

Thought Journalling is the best way to do this.

- Grab a pen and paper and write down your ‘issue’ on the top of the page.
- Next, ask yourself, “What does this mean to me?”
- Then ask again, “What does that mean to me?”
- Continue asking yourself questions until you understand the depth of the issue.
- At some point you’ll receive a LIGHT BULB MOMENT (maybe one hour later, or even a week or two later – depending on the depth of the issue and your confidence and abilities to do this INNERWORK BY YOURSELF).

NOTE: When I do this process with clients the process slightly differs as each client and their situation is different. I also work on an energetic level with clients, simply because I can see the toxic stuck energies in their energetic matrix. Hence, the reason why I call these private sessions “energy healing”, but there’s much more to them than that.

<https://healingtheplanetfromwithin.com/energy-healing-consultations/>

Everyone has a different belief system – no two are the same. In fact, it’s very difficult to see the world exactly as someone else sees – and that’s sometimes the cause of misunderstandings or arguments. The difference in perception is not wrong – just different.

For instance, if someone was going to laugh at the way you’re dressed they are looking at you and your clothes from their perspective. They might believe that certain styles look

funny, whereas someone else might see them as fashionable or proudly stating a creative flair. When you don't believe you look silly in those clothes you are not affected by what others think. The next time someone judges you remember that it's simply their perspective – which comes from their beliefs AND which may not be your truth. Another good point is that we don't know what another person's story is, or even what they are truly thinking. It's simply our assumption.

In essence, the fear of being in public places is a fear of what others will think of us. It means you are carrying a sabotaging belief that creates negative thinking about yourself. What other people think simple triggers that core belief into action.

The trick to identifying core beliefs is to look behind the feelings and thoughts. If someone believes you dress funny doesn't mean it's true. Could we actually BE what other people think? Unlikely – everyone has different thoughts. Different people will have different opinions about it. Their opinions doesn't mean they are right. It just means they believe that. And people might change their opinions about us, even if we didn't change.

Bottom line is that if you have an emotional reaction – one of your core beliefs have been triggered to activate. Great! You've identified a core belief! But seriously, changing core beliefs begins with identifying it. How else can you work with it? – if you can't see it?

A most interesting point is that you don't have to change every single belief in the system – but by simply changing one core belief you start a rippling affect that creates change in your emotions and behaviours. Changing your awareness of one belief affects the whole system.

When transforming core beliefs you must shift your point of view. The new point of view you choose must invoke positive feelings in order to stick and become a foundational core belief. Another aspect that must be considered is to create a negative association with the original sabotaging core belief and a positive association with the new core belief. You are more likely to keep in place the new core belief. The old core belief is more familiar than the new (at the start) so it's easy to fall back into that habit – so make it taste bitter with negative emotions and thoughts so you'll naturally avoid going back there.

When you're shifting your point of view stick a positive vibe to it. You'll know when you've adopted the new belief when you look back at the old belief and it looks and feels unfamiliar and you simply just don't 'get it' any more.

If you find yourself judging the beliefs or yourself for having them you'll find the process comes to a stalemate – stuck. And whatever you do, don't believe your judgement. Use this personal development worksheet to identify and transform core beliefs.

What issue do you want to work on?

Identify one thing in your life in which you feel stuck or frustrated. Underneath an issue/problem is a set of core beliefs – and these may differ for each issue, so we work on each one at a time.

Write down the issue.

Answer the questions to go deeper into the issue. The questions are repetitive because they are going through layers of thoughts. Keep up the process until you have an AHA moment.

What does _____ (the issue) mean to you?

Using your answer above choose a word or phrase that stands out the most for you and use that word to fill in the blank in the following question.

What does _____ mean to you?



The idea is to explore the situation or topic from as many angles as possibly so you're more deeply aware of all aspects of it.

And again. What does _____ mean to you?

Try to go deeper this time by being creative with your thoughts. Think outside of the box that would normally limit you.

And again. What does _____ mean to you?

Continue with the same question. When you start to struggle for the answer it's a sign that you are moving into the unconscious mind to an area where core beliefs reside. Keep questioning yourself and try to discover an answer that you would not normally see or accept in everyday life. If you feel uncomfortable – that's good – it means you are getting closer to identify the core belief underlying the issue.

If, what you answered above is true - What does _____ mean to you?

At this stage can you guess what the core belief of this issue is? If not, continue with the above questioning process until you realise what it is.

Where do you think this belief originated from? Did it evolve through your family? Did it come from a past experience? Can you identify the exact moment it formed?

Why was this belief created?

What lessons are you learning from this belief?

How does this belief make you feel? Write down positive and negative emotions.

What has stopped you from changing this belief?

What purpose does it serve you to keep the beliefs and attitudes regarding this issue?

What results will you achieve from having a new belief?

What are the benefits for you to transform your old belief into a new one?

What belief could you use to replace this one? What could you change the old belief to in order to positively change your life? Write down a few different new beliefs that you could use to replace the old belief.

What will change in your life if you choose to accept this new belief?



How will this new belief feel in your body?

What will be the negatives of changing your belief? The old belief had benefits otherwise you would not keep it, so what will you lose if you change it?

What will be the benefits of changing your belief?

What else?

When you are ready to change your belief visit my [YouTube Channel: Healing the Planet from Within and do the GUIDED MEDITATION.](#)

Go to SEARCH and type in “Changing Core Beliefs Guided Meditation”.

... and please SUBSCRIBE to my YouTube Channel while you’re there!

Thanks heaps!!

If you’re still hungry for more personal development go to our personal development blog: <https://healingtheplanetfromwithin.com/thought-awareness-free-personal-development-worksheet/>

