

Belief Systems Worksheets – p.70

BELIEF HARMONY WORKSHEET #5– Personal Priorities and People Pleasing

Changing your beliefs is a matter of following the four-step Belief Harmony Technique:

1. Awareness. What are the beliefs that are driving your current choices?

2. Analysis. Are these beliefs valid in your current circumstances or are they outdated? Do they no longer apply?

3. Release and Replace. Release the old belief from outdated times. Choose a new belief that honours the truth of your circumstances now.

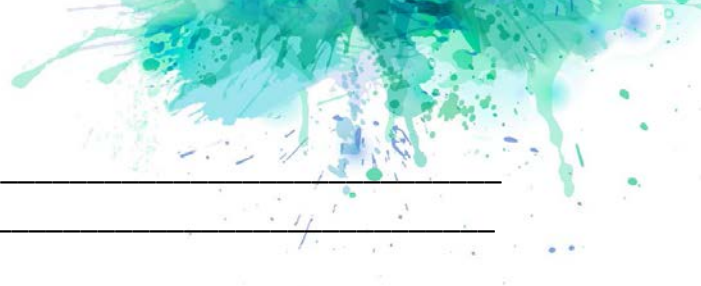
4. Choice. Remember you always have a choice. Choose in favour of your health and happiness.

Step 1: AWARENESS

Just fill in whatever comes up first for you. There are no wrong answers! Do not judge or edit, just write down the first thing that pops into your head.

1. Keeping people happy _____

2. I need to make people _____



3. I'd be more relaxed if only people would _____

4. I'll rest when _____

5. Tasks should be completed _____

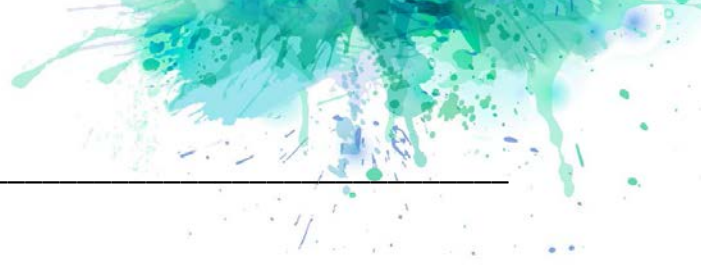
6. Other people's needs are _____

7. I need to take care of _____

8. _____
_____ is my responsibility.

9. Approval means _____

10. I want approval from _____



11. Being loved means _____

12. My body is _____

13. I'll feel completely safe when _____

14. Perfection is when _____

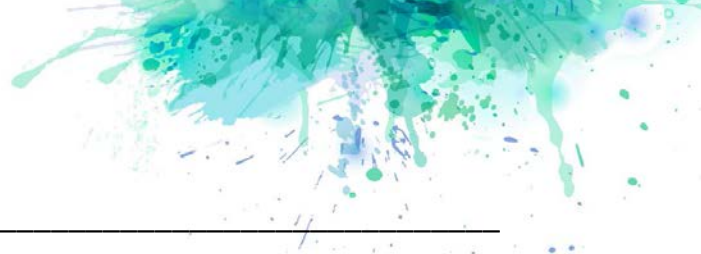
15. I can put myself first when _____

16. Saying yes when I mean no is _____

17. Putting myself first is _____

18. Love is _____

19. Self love is _____



20. Taking care of others is _____

21. _____
_____ comes first.

22. My Mum always thought looking after others was _____

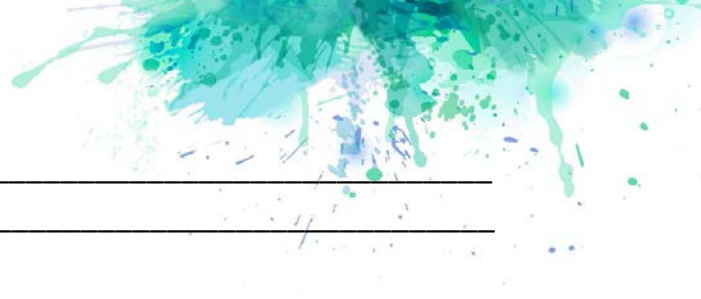
23. My Dad always thought self care was _____

24. I'd be free to relax when _____

25. I do what I want when _____

26. Saying no means _____

27. People need _____



28. If I could change anything I would _____

29. My time is when _____

30. My time is my own when _____

31. My priority is _____

32. When I am short on time I usually _____

33. Three priorities for my self care are _____

34. In prioritised time off I need to _____

35. Peace in my life means _____

36. If I let others down I'm afraid that _____

37. Achievement equals _____

38. When I achieve I am _____


39. Completion is _____

Step 2: ANALYSIS

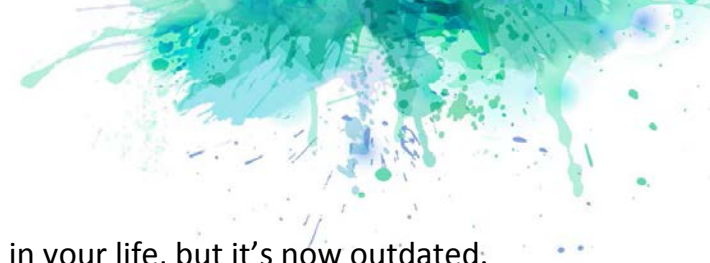
Grab a highlighter pen and go back through the list. Some of these beliefs may well be healthy and life-enhancing. Perfect. Keep them! Identify which of these beliefs are no longer true for you (it might be quite a few). Decide which ones are helping you and those which are not helping you.

Understand that everything on this list is a belief; it is not the “truth,” even if you have believed it for years. For instance, I learned at an early age that ‘To earn good money you must sacrifice’ and ‘Work is hard.’ These learned beliefs set me up for two decades of working myself to the bone.

Now I believe that ‘Work is easy and fun!’ and ‘Making money is easy when I am connected to my passion and helping people.’ And do you know what? My new beliefs are so much truer and my life is so much happier and healthier with them. I want that for you, too. I have seen this exercise change so many lives.



Old Belief	Is it helpful?	Is it true?	What is a new healthier belief?	Do I want to keep this new belief?	I could choose in favour of this by:
Example: “My time is my own when the works is done.”	No	No. That’s just what I have somehow got into a habit of doing. Not everyone else does that!	“I choose how I spend my time, and prioritising something just for me each week is important to me”	Yes	Sign up for that yoga class, organize the babysitter...and GO!



Step 3: RELEASE AND REPLACE

Acknowledge that a certain belief worked well for you, really supported you at a particular time in your life, but it's now outdated. Choose to let it go. It's like a dress you have kept for years that you once loved, but now, being objective, actually it's shabby, out of fashion and really isn't age-appropriate. Some clients like to make a little ceremony out of Letting Go; they write their old beliefs on paper and burn them, and watch them release back into the atmosphere so they can move on.

Step 4: CHOOSE IN FAVOUR OF THE NEW BELIEF

Write it down. Stick your new beliefs where you can see them: on the mirror when you clean your teeth, on your notice board at work. Drink in the new truth and start choosing it. Watch as your life and your energy miraculously start to change. Use the Belief Harmony Technique to consciously realign your beliefs to enhance and support the life solution you have today.