Pulling the Lint from The Fabric of Your Life; Your Beliefs

Here are the steps to reversing any doubts or fears that are limiting your ability to find and/or pursue your new direction. There are essentially four steps.

Name it
Examine the evidence
Shift it
Cement it

Exercise: Follow the formula by filing in the blanks.

Name it— My belief or assumption is _____

Examine the evidence—I know it is true because _____

Shift it—Is it productive to believe this? _____

It would be more productive to believe _____

What is probable is _____

What is possible is _____

Cement it—What examples found in your life or others' can prove that it's possible?

_____

_____

What action can you take to create your own evidence and conviction? List them below.

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