



Belief Scale Journal

HOW TO USE

A huge part of why people never reach their goals is the fact that they don't actually believe they can.

Maybe you've thought something like, "I'll believe it when I see it."

But what if you had to believe it *in order to* achieve it?!

First you'll rank your confidence at reaching your weekly/monthly/annual goal on a scale of 1-10. Then this journal will help you get clear on the thoughts that you're currently having, likely ones of self-doubt and limiting beliefs that are holding you back from making your best effort.

Then you'll ask yourself if, hypothetically speaking, you *knew* you would achieve that goal, what would you be thinking then?

This allows you to entertain the idea that a different outcome is possible and see the how changing your thoughts could make all the difference.

The magic is in the frequency so commit to 10 minutes per day for 30 days and see just how much can change when you change your thoughts.



Belief Scale Journal

Goal:

Confidence: 1 2 3 4 5 6 7 8 9 10

Commitment: 1 2 3 4 5 6 7 8 9 10

What thoughts are you having that lead to you choosing those #s?



Belief Scale Journal

If you were 10/10 confident that you were reaching that goal no matter what, what thoughts would you be having?