

Belief, Behavior, Result Journal

Pick 3-5 beliefs from your limiting beliefs/stories list (Intro module) and write them out in this format:

BELIEFS:

BEHAVIORS (What behaviors do those beliefs create?): What result do you get when you engage in those behaviors? Are those beliefs serving you?



Belief, Behavior, Result Journal

RESULTS (What result do you get when you engage in those behaviors?):

Are those beliefs serving you?