

# Personal Beliefs Reflection

Make a list of the ideas or beliefs you grew up hearing. Whether it is from your family, friends, or society. To the left of each, circle the up arrow if you agree with this belief and the down arrow if you disagree with it.

- ↑ ↓ 1. \_\_\_\_\_
- ↑ ↓ 2. \_\_\_\_\_
- ↑ ↓ 3. \_\_\_\_\_
- ↑ ↓ 4. \_\_\_\_\_
- ↑ ↓ 5. \_\_\_\_\_

Rewrite any beliefs that you disagree with. Change them to more accurately reflect your personal beliefs.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Circle the number that most closely represents what percentage of time you act on beliefs that don't reflect your authentic self.

10%    20%    30%    40%    50%    60%    70%    80%    90%    100%