

Are Your Beliefs Empowering?

Note: I want to acknowledge the creator of this assessment. If I knew your name, it would appear right here!

Phrase Completion

Write as many endings as you can, as quickly as you can, for the “I am _____” phrases in each category. Let your mind free-flow. Your answers do not have to be logical or make sense.

I am _____ (physical characteristics)

I am _____ (emotional)

I am _____ (mental)

I am _____ (social)

I am _____ (career)

I am _____ (relationships)

I am _____ (love)

I am _____ (family)

SUSAN BOCK

COACH AUTHOR SPEAKER

Similarly, complete as many phrases as you can for the following:

makes me feel happy.

makes me feel sad.

makes me feel angry.

makes me feel guilty.

Men are .

Women are .

Babies are .

Puppies are .

Money is .

People are .

Life is .

I am a . person.

I can .

I can't .

I should .

I shouldn't .

It's wrong to .

I am too .

I . myself.

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After you have completed the exercise, make a note beside each of your response for empowering beliefs (E) and for limiting beliefs (L). Quite revealing, isn't it? How many of these limiting beliefs would you like to eliminate?



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

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Have Questions? Give me a call 714-847-1566

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