

Core *Beliefs*



Workbook

Kreativcollectiv.com

THE CORE BELIEFS WORKBOOK

Tools needed:

Print out the five (5) page document and set some **Time** to answer the **50 questions**. Break it up in segments. Don't try to answer all at once. A **Journal** or **Electronic devices** are crucial. Personally, I would recommend a journal to write it down. Find a reliable **Pen** then write.

Be in a place where you can relax and be quiet. Play some soft music, if you feel comfortable with it but again, I recommend silence.

Most of all, be honest with yourself.



Questions are a powerful tool as they force us to reflect and find answers. Deep questions force us to examine ourselves, and often they challenge our beliefs about what we 'know' to be true.

Deep questions can be used to help others develop insights, uncover mistaken beliefs, and adopt a new perspective about who they are and what it is they want in life.

Take time to work through the questions below to gain further insight into who you are, what you believe and what you want in life:

- 1) In what ways am I living outside of my integrity and compromising my personal values?
- 2) What have I left unfinished or unresolved that currently needs my attention?
- 3) What deep needs do I have that are not getting met?
- 4) What am I fighting against that I can choose to release?
- 5) What legacy am I leaving behind in the world after I've gone?
- 6) In what ways could I be more engaged in life?
- 7) In what ways am I behaving inauthentically?

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- 8) Who (or what) am I tolerating that I do not want in my life?
- 9) How am I making choices based on 'I should' as supposed to 'I desire'?
- 10) In what ways am I behaving as a 'reactor' rather than as an 'initiator'?
- 11) How am I not accepting someone that I love for who they really are?
- 12) How do I diminish other people in order to make myself feel better?
- 13) Are there any areas in which I'm holding back forgiveness? Where?
- 14) In what ways am I manipulating someone to get my own needs met?
- 15) What consistent negative thought patterns do I have?
- 16) In what ways do I allow other people to cross my boundaries?
- 17) What weaknesses or vulnerabilities am I afraid to share with those I love?
- 18) How am I completely present with those that I love when I am with them?
- 19) In what areas do I have a 'lack' mentality?
- 20) In what areas am I making my own life more difficult or complicated than it needs to be?
- 21) Are my beliefs about life, religion, my spouse, my family, my children, the absolute truth?
- 22) In what ways am I using busyness, work, television, or the computer to avoid facing something?
- 23) How is my living space a reflection of my inner world?
- 24) In what ways am I compromising my health or mistreating my body?

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- 25) What am I passionate about? How can I spend more time pursuing the things I'm passionate about?
- 26) In what areas of my life do I need to set goals?
- 27) How have I miscommunicated or created a misunderstanding?
- 28) How much of my time do I spend focusing on things of the past or worrying about the future?
- 29) What events am I focusing on in the past that are hindering my ability to live fully in the present?
- 30) In what ways do I consider 'I'm not deserving or worthy'?
- 31) What relationships need my time, care and attention
- 32) In what areas am I waiting for someone else to take responsibility for me?
- 33) In what ways am I allowing fear of change to hold me back from moving forward in life?
- 34) In what areas am I spending too much time on things that are not my priorities?
- 35) In what areas do I need to learn or further develop my skills in order to get ahead in life?
- 36) What would those close to me say my strengths are?
- 37) What would those close to me say my weaknesses are?
- 38) In what ways am I not taking responsibility for the part I'm playing in a relationship problem?
- 39) How does my work reflect my interests, passions, skills?
- 40) Where am I prioritising money/material possessions over relationships and my values?

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- 41) What am I allowing to distract me from living life to the full?
- 42) What is my vision for the next five years?
- 43) How am I helping other people to become better versions of themselves?
- 44) If I were to die tomorrow, what would I regret not having done?
- 45) In what ways am I living a life someone else has defined for me?
- 46) What is my intuition telling me that I might have been ignoring?
- 47) What really pushes my buttons that does not need to?
- 48) What drains my energy and in what ways can I change it?
- 49) In what ways am I being unwise or irresponsible financially?
- 50) In what areas am I so desperately longing for an outcome that it's preventing me from enjoying the journey?

Once you have worked through these questions let me help you on your new pathway. Accountability is crucial when you make changes.

You are not alone.

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CONTACT ME



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Consultation R600.
Packages are available.



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Lynelle Clark
Filling your Well
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