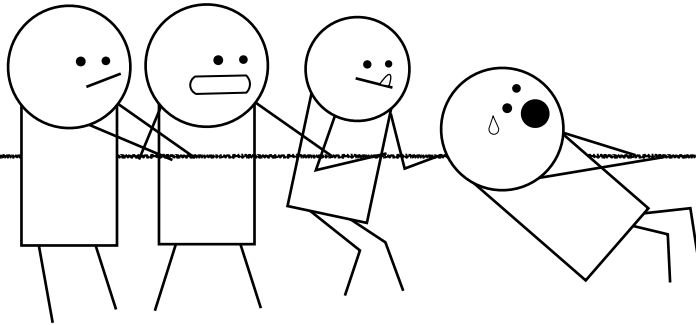


What **negative belief** are you living with?

Fill the boxes on this side with the evidence that supports this negative belief being true.

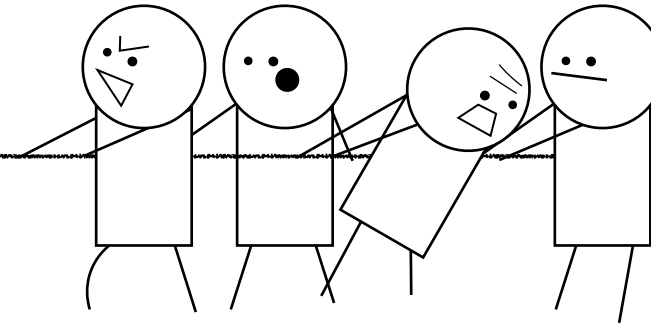
**NEGATIVE**

**BELIEF**



**POSITIVE**

**BELIEF**



What **positive belief** would you like to be living from?

Fill the boxes on this side with the evidence that supports this positive belief being true.