

PRINTABLE WORKBOOK · COMPANION TO THE BELIEF BLUEPRINT

The Belief Workbook

Reflection prompts and exercises to practice, practice,
practice, until belief runs on automatic.

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EXERCISE 01

Your Noticing Journal: the TFAR Cycle

Thoughts create Feelings, Feelings drive Actions, Actions create Results. Catch one belief in action today and trace it all the way through.

1. Which thought showed up most often this week?

2. Where did I learn that thought? Whose voice does it sound like?

3. What new thought would create the result I actually want?

NEUTRAL CURIOSITY

No judgement here. You're a scientist, not a critic. "Interesting. Isn't that curious."

EXERCISE 02

Training your Conscious Gatekeeper

Your Conscious Gatekeeper decides what gets into your subconscious. This week, you get to stand guard.

1. What am I letting in without noticing? (news, scrolling, certain conversations)

2. Write down three thoughts you caught and cancelled today.

CANCEL, CANCEL, CANCEL!

When you catch a contracting thought, say it out loud, then replace it with something you'd rather program. Practice it here:

Expansion vs. Contraction body scan

Say a goal out loud. Notice your body. Circle what you feel.

EXPANSION

Lighter · Warm · Open chest · Easy breath ·
Excited · Calm

CONTRACTION

Tight · Heavy · Shallow breath · Knot in
stomach · Anxious · Numb

EXERCISE 03

Building your Bridge Statements

If an affirmation feels like a lie, your subconscious rejects it. A Bridge Statement meets you where you are and walks you forward.

Start with: "I am open to...", "I'm learning to...", "It's possible that...", or "I'm in the process of..."

THE OLD BELIEF	MY BRIDGE STATEMENT

Which Bridge Statement feels most believable right now? Write it three times.

What would I do differently today if I believed it fully?

EXERCISE 04

My Vision Contract

Whatever the mind can conceive and believe, the mind can achieve. Make it definite. Make it signed.

1. What I am choosing to create, as specifically as I can say it:

2. By when:

3. What I'm willing to give in return (time, energy, focus, letting go):

4. The woman I get to become as I create this:

5. The belief I commit to practicing every day:

SIGNATURE

DATE

EXERCISE 05

The 90-Day Ritual tracker

Visualize your Vision Contract morning and night. See it, feel it, live it... then check off each day. Repetition is how belief goes on automatic.

WEEK	M	T	W	T	F	S	S
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							

Day 90. What do I believe now that I didn't believe on day one?

Want support on the journey?

Book a free 30-minute Pattern Interrupt Call and we'll find the belief that's holding you back.

BOOK YOUR FREE CALL