**Take 5-10 minutes to reflect and consider any mistaken beliefs that you may be holding on to. Work through the following questions and then consider what counter statements you could use to begin changing this belief today.**

**My Mistaken Belief:**

1. What is the evidence that supports this belief? If I look objectively at all of my life experiences, what is the evidence that this belief is true?
2. Is this belief always true for me?
3. Does this belief consider the whole picture? Does it take into consideration both the positive and negative ramifications?
4. Does this belief encourage my own peace of mind and well-being?
5. Did I choose this belief or has it developed from the influence of my family/friends as I was growing up?

1. What counter statements can I begin using to start changing this mistaken belief today?