



Audit Your Beliefs

*psychological
housekeeping*

FOR THE CURIOUS
& GROWTH-MINDED



Things change. All things.

Our beliefs help us navigate the world, but they shouldn't limit us from evolving or transforming. Learning when it is time to release an outdated belief or expand and update it, is one of the key indicators of increasing psychological and spiritual maturity.

LET'S PERFORM A QUICK BELIEF AUDIT. GET OUT A SHEET OF PAPER AND RECORD YOUR RESPONSES TO THE THREE ITEMS THAT FOLLOW.





Belief Audit: AN OLDIE

Describe something you have always believed.

On a scale of 1-5, how attached are you to this belief?

Now think about the origin of that belief. Was it inherited from family? Is something that is part of the culture you were raised in?

When you think of others who believe something different, do you think they are wrong?

When asking yourself these questions, how do you feel? Calm? Curious? Threatened?





Belief Audit: AN EX

Describe something you used to believe, but don't anymore.

On a scale of 1-5, how attached were you to this belief before it changed?

What was the origin of the original belief?

When you think of others who still believe this, do you think they are wrong?

What caused you to release or update this belief?

When asking yourself these questions, how do you feel? Calm? Curious? Threatened?





Belief Audit: A NEWBIE

Describe something you have recently come to believe.

On a scale of 1-5, how attached are you to this belief?

Now think about the origin of the belief. Did it come from something you experienced and learned, did someone else share information with you that convinced you of its veracity? Is it something that is part of a sub-culture you are part of or aspire to be part of?

When you think of others who believe something different, do you think they are wrong?

When asking yourself these questions, how do you feel? Calm? Curious? Threatened?



Reviewing the short list you've made, it is clear that beliefs are flexible.

They should be.

We are living in a time of unprecedented access to other people, cultures, and world views. We're exposed to a staggering volume of data and information. Maintaining all the same beliefs when faced with new cultures and data demonstrates inflexibility and at times, arrogance.

If you try to remain static in all beliefs throughout your life, the constant waves of change will pummel you. If you decide to maintain a single, unchanging set of beliefs without adopting new ones and adapting to incorporate new information, you'll either contort or calcify.

Neither is a growth-inclined way to live.



I recently heard someone use the phrase, "don't use a period where God has placed a comma." This comma-instead-of-period thinking pairs well with beliefs. Keeping an open mind, asking questions, and embracing fearless curiosity will lead to a more vibrant life. Learning to be comfortable with uncertainty and to be the kind of person who tries new things (and therefore, makes mistakes) and changes their mind, is a gift you give yourself. This kind of intentional, exploratory vulnerability will align you with your inner compass.

Seek a workable way to release the old and upgrade to new beliefs. If you are still hesitant to embrace change, think about the way you tease your granny for continuing to use her flip phone!

You don't want to hold on to old beliefs when there are far better ones available to you.



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