Belief Systems Worksheets – p.70

BELIEF HARMONY WORKSHEET #5 - Personal Priorities and People Pleasing

Changing your beliefs is a matter of following the four-step Belief Harmony Technique:

1. **Awareness.** What are the beliefs that are driving your current choices?

2. **Analysis.** Are these beliefs valid in your current circumstances or are they outdated? Do they no longer apply?

3. **Release and Replace.** Release the old belief from outdated times. Choose a new belief that honours the truth of your circumstances now.

4. **Choice.** Remember you always have a choice. Choose in favour of your health and happiness.

**Step 1: AWARENESS**
Just fill in whatever comes up first for you. There are no wrong answers! Do not judge or edit, just write down the first thing that pops into your head.

1. Keeping people happy

2. I need to make people

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Louise thompson.com
3. I’d be more relaxed if only people would ____________________________________________________________
__________________________________________________________

4. I’ll rest when ________________________________________________________________
__________________________________________________________

5. Tasks should be completed ______________________________________________________________
__________________________________________________________

6. Other people’s needs are ______________________________________________________________
__________________________________________________________

7. I need to take care of ______________________________________________________________
__________________________________________________________

8. ________________________________________________________________ is my responsibility.
__________________________________________________________

9. Approval means ______________________________________________________________
__________________________________________________________

10. I want approval from __________________________________________________________
__________________________________________________________
11. Being loved means ____________________________________________________________

12. My body is _________________________________________________________________________________________________

13. I’ll feel completely safe when _____________________________________________________________________________________

14. Perfection is when _______________________________________________________________________________________________

15. I can put myself first when _________________________________________________________________________________________

16. Saying yes when I mean no is _______________________________________________________________________________________

17. Putting myself first is _____________________________________________________________________________________________

18. Love is ____________________________________________________________________________________________

19. Self love is ________________________________________________________________________________________________
20. Taking care of others is ___________________________________________________________________________________
____________________________________________________________________________________________________________________________________

21. __________________________________________________________________________________________________________
________________________________________________ comes first.

22. My Mum always thought looking after others was______________________________________________________________
____________________________________________________________________________________________________________________________________

23. My Dad always thought self care was __________________________________________________________________________
____________________________________________________________________________________________________________________________________

24. I’d be free to relax when ____________________________________________________________________________________
____________________________________________________________________________________________________________________________________

25. I do what I want when ______________________________________________________________________________________
____________________________________________________________________________________________________________________________________

26. Saying no means __________________________________________________________________________________________
____________________________________________________________________________________________________________________________________

27. People need ______________________________________________________________________________________________
____________________________________________________________________________________________________________________________________
28. If I could change anything I would _____________________________________________
____________________________________________________________________________

29. My time is when ____________________________________________________________
____________________________________________________________________________

30. My time is my own when ____________________________________________________
____________________________________________________________________________

31. My priority is ______________________________________________________________
____________________________________________________________________________

32. When I am short on time I usually __________________________________________________________________________
____________________________________________________________________________

33. Three priorities for my self care are ____________________________________________
____________________________________________________________________________

34. In prioritised time off I need to ______________________________________________________________________________
____________________________________________________________________________

35. Peace in my life means _____________________________________________________________________________________

36. If I let others down I’m afraid that _____________________________________________
____________________________________________________________________________

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37. Achievement equals ______________________________________________________
________________________________________________________________________

38. When I achieve I am ___________________________________________________
________________________________________________________________________

39. Completion is _________________________________________________________
________________________________________________________________________

**Step 2: ANALYSIS**

Grab a highlighter pen and go back through the list. Some of these beliefs may well be healthy and life-enhancing. Perfect. Keep them! Identify which of these beliefs are no longer true for you (it might be quite a few). Decide which ones are helping you and those which are not helping you.

Understand that everything on this list is a belief; it is not the “truth,” even if you have believed it for years. For instance, I learned at an early age that ‘To earn good money you must sacrifice’ and ‘Work is hard.’ These learned beliefs set me up for two decades of working myself to the bone.

Now I believe that ‘Work is easy and fun!’ and ‘Making money is easy when I am connected to my passion and helping people.’ And do you know what? My new beliefs are so much truer and my life is so much happier and healthier with them. I want that for you, too. I have seen this exercise change so many lives.
<table>
<thead>
<tr>
<th>Old Belief</th>
<th>Is it helpful?</th>
<th>Is it true?</th>
<th>What is a new healthier belief?</th>
<th>Do I want to keep this new belief?</th>
<th>I could choose in favour of this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: “My time is my own when the works is done.”</td>
<td>No</td>
<td>No. That’s just what I have somehow got into a habit of doing. Not everyone else does that!</td>
<td>“I choose how I spend my time, and prioritising something just for me each week is important to me”</td>
<td>Yes</td>
<td>Sign up for that yoga class, organize the babysitter...and GO!</td>
</tr>
</tbody>
</table>
**Step 3: RELEASE AND REPLACE**

Acknowledge that a certain belief worked well for you, really supported you at a particular time in your life, but it’s now outdated. Choose to let it go. It’s like a dress you have kept for years that you once loved, but now, being objective, actually it’s shabby, out of fashion and really isn’t age-appropriate. Some clients like to make a little ceremony out of Letting Go; they write their old beliefs on paper and burn them, and watch them release back into the atmosphere so they can move on.

**Step 4: CHOOSE IN FAVOUR OF THE NEW BELIEF**

Write it down. Stick your new beliefs where you can see them: on the mirror when you clean your teeth, on your notice board at work. Drink in the new truth and start choosing it. Watch as your life and your energy miraculously start to change. Use the Belief Harmony Technique to consciously realign your beliefs to enhance and support the life solution you have today.