

The Journal

For years, your mind has been building a case about who you are. Most of it is outdated, a lot of it never belonged to you in the first place. These journal prompts are an opportunity to examine the evidence.

What are the restrictive, limiting beliefs you have about yourself that you believe are true?

Can you present factual evidence to support these beliefs, or have you simply repeated other people's opinions for so long that they've begun to **feel like the truth?**

Think of one criticism you've carried for years. Perhaps someone called you selfish, lazy, too sensitive, too emotional, too much, not enough.

Where's the evidence? Not opinions, not assumptions, - but actual evidence that this criticism is true?

If this were a courtroom, would that accusation stand up to cross-examination?

Imagine your oldest, self-limiting belief is on trial - 'I always give up', 'I'm difficult to love', 'I can't trust myself', 'I'll never change' or something else. Write it down:

What evidence would you present that challenges this self-limiting belief? List every exhibit.

Think about the past few weeks. What new evidence have you gathered about yourself? Evidence that you're stronger, kinder, more honest, courageous, resilient, self-respecting? Don't overlook the ordinary moments. They're often the strongest evidence of all.

Which belief about yourself is no longer supported by new evidence?

If someone made a serious accusation against you, you'd expect them to prove it. Why do you think you've accepted unproven accusations from critical, judgemental people for so many years?

Finish these two sentences.

The case my past built against me was that I am:

The case I am building for my future is that I am:

Objection: where's your evidence?

Remember, the truth of who you are is built on the evidence you have about yourself. If the evidence changes, the verdict must change too. Present enough new evidence about the person you're becoming so that your old story would never win the case.