

EXERCISE 1.4: Rate your confidence level in the new core belief

Write down the new core belief you developed for worksheet 1.3. Then rate the new core belief by placing an “X” on the scale to indicate your belief in this new core belief. To measure your progress in strengthening your new core belief, rerate the new core belief every fortnight.

New core belief:

Confidence rating in the belief

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----

Date:
(mm/dd)

0	25	50	75	100
---	----	----	----	-----