



REVIEW ACTIVITY

Chapter 1

Most of us deal with significant challenges throughout our lives. Many relate to our accumulated Key Core Beliefs. When we successfully overcome a problem, it usually means we have strengthened a Positive Core Belief. For example, a belief might have been, “I am not coordinated enough to play sports.” In contrast, if a person trained hard and completed a long run, a tough bike ride, or an extended swim, the Core Belief could become, “I am athletic in endurance events.”

Before moving on to Chapter 2, consider the following ideas and write down your answers in your notebook or journal.

EXERCISE: Are You Aware of Your Core Beliefs?

☐ Can you identify three of your Positive Core Beliefs?

☐ Now, can you identify three Negative Core Beliefs?

☐ What can you learn about yourself based on the Positive and Negative Core Beliefs you have identified?

[\[Link\] Download a PDF of the Chapter 1 Additional Activities, “Creating Core Beliefs.”](#)