

Stage Seven: Beliefs and Affirmations

Instructions: Please read each statement below. Check the box for any of them that you may have thought or believed about yourself in the past month.

I sometimes believe/ tell myself:

- Sometimes I am so focused on the bigger picture that those close to me feel neglected.
- The misfortune of others is something that I often get preoccupied with.
- I feel powerless. There is so much despair in the world, I do not know where to focus.
- Others important to me don't understand my calling or mission.
- It's difficult to decide where to focus my time and energy so that it will make the biggest difference.
- Even all the effort I make will not be impactful enough.
- I must serve some subset of the world, a person or cause better.
- My unique version of what I sometimes tell myself:

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Instructions: Please read each of these affirmations below. Check the box of any you would like to hardwire into your belief system in order to improve some aspect of your life.

Some examples of what I now need to believe:

- My contributions are important to the world no matter how big or how small.
- It's okay to follow my inner voice even when others don't understand me.
- The possibilities are endless when it comes to ways to serve.
- I am committed to my mission, even if others don't seem to understand it.
- My most important mission is one that aligns with my unique values.
- I focus on my mission and the big picture while simultaneously nurturing the relationships in my life.
- I am governed by passion and gratitude.
- Any effort big or small that helps a greater good can make an important impact on others.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:
