

Self-Enquiry Worksheet



Unquestioned beliefs run your life.

Skill: Self-enquiry makes your assumptions evident to examine.

How: Write a belief. Ask what supports it.
Ask what challenges it. Find a better way.



MY LIMITING BELIEF

Example: I must never make mistakes.



CHALLENGE YOUR BELIEF

Evidence against this belief?



A MORE FLEXIBLE RESPONSE

How does this new thought serve me better?

