

Core Beliefs Cards



**Old core belief
I want to change:**
I am a failure

New core belief:
I am successful

**Old core belief
I want to change:**

New core belief:

**Old core belief
I want to change:**

New core belief:

**Old core belief
I want to change:**

New core belief:

**Old core belief
I want to change:**

New core belief:

**Old core belief
I want to change:**

New core belief:

Reasons why...

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Reasons why...

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Reasons why...

I am successful:

- *I have a good job*
- *I have a degree*
- *I have good relationships*
- *Success is not just academic*
- *I have hobbies I enjoy*

Reasons why...

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Reasons why...

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Reasons why...

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