

# WHAT DO I BELIEVE ABOUT MYSELF?

THE POWER OF ASKING BY BARDI TOTO DRAKE

## Worksheet 3: What Do I Believe about Myself

### WHAT DO YOU BELIEVE ABOUT YOURSELF?

Elephants kept in captivity are trained, from a young age, not to roam. A rope is used to tie one leg of a baby elephant to a wooden post which is planted in the ground.

The rope restricts the baby elephant to an area which is determined by the length of the rope. At first, the baby elephant will try to break free from the rope, but it will not succeed as the rope is too strong.

The baby elephant 'learns' that it can't break free from the rope. When the elephant grows up and becomes stronger, it could break the same rope without difficulty. However, because it 'learned' that it wasn't strong enough to break the rope when it was young, the adult elephant believes that it is still unable to break the rope, so it doesn't even try!

People behave in a similar way. We learn things about ourselves when we're young that we still believe as adults. Even though it may not be true, we often operate in life as if it is.

Thankfully, humans are born with the ability to make conscious choices - this is an important step in changing how you perceive yourself.

Use this worksheet to discover the beliefs you developed about yourself when you were young that continue to influence your self-esteem today. Then ask yourself if these beliefs hinder or support you in increasing your self-esteem.

### INSTRUCTIONS FOR THIS WORKSHEET:

1) Print off and complete the 'What Do You Believe About Yourself' Worksheet to identify the beliefs that you currently have about yourself.

2) Keep your completed worksheet available to reflect on the next time you are feeling low in confidence, struggling with low self-esteem, or when you are judging yourself unfairly. Use your worksheet to identify the beliefs you're clinging onto that might be influencing your confidence in this negative way today.

As you do this, see how your attitude changes!

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## WHAT DO YOU BELIEVE ABOUT YOURSELF?

Write out the beliefs that you developed about yourself when you were young through interacting with the following people:

(Note down how it is that you see yourself in comparison to them)

a)Your Mother:

b)Your Father:

c)Your Siblings (brothers or sisters):

d)Your Friends:

e)Your Teachers:

f)Other People:

## WHAT DO YOU BELIEVE ABOUT YOURSELF?

Q2. Which of these messages that you've written down continue to dominate your thoughts today?

Q3. Which messages support and which ones take away from your degree of confidence, happiness and satisfaction in life?

Q4. Are these messages you've learned the truth, or are they just merely a belief that you've grown to believe as true?

Q5. Which messages would you like to change as you move forward in life?

Q6. What new information could you accept as true in supporting your positive self-esteem, confidence, and fulfillment for the rest of your life?