Prove Me Wrong

A belief showed up again. Same old script. Time to catch it, challenge it, and flip the damn story.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What belief ran through my head today that felt heavy or harsh? _____

_____

_____

2. What triggered that belief—what situation or person? _____

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_____

3. Did I act on that belief, or just stew in it? _____

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4. Was there actual proof for it—or just a familiar script? _____

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5. If someone I care about believed this, what would I say to them? _____

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6. When's the last time this belief showed up? What happened then? _____

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7. Can I name one thing today that challenges that belief? _____

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8. What's a more helpful belief I could practice instead? _____

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9. What small action would prove that new belief? _____

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_____

10. What would my Future Self say to me right now? _____

_____

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