

IS IT TRUE ?



Think of an area in your life (e.g. Health, Relationship, Career, Money) and score that area out of 10, with 10 being it's perfect.

Think of a goal in that area that would increase the score by 1. A goal that you need and want to work towards but something is stopping you.

Take a moment and ask yourself what are you thinking that is stopping you from increasing that score by 1? (e.g. its too difficult, I don't know what to do, others are better than me)

Write that thought / limiting belief down

Now answer the following question with that thought in mind

Is that (place the thought here) TRUE ? (Simply answer Y/N)

Answer: _____ (If NO skip the next question)

Could you absolutely know it to be TRUE? (Simply answer Y/N)

Answer: _____ (Move onto the next question)

IS IT TRUE ?



How do you REACT when you believe that thought / belief?

Answer:

Who would you BE without that Thought / Belief ?

Answer:

**Think of three better thoughts that would move you forward
(See tips below)**

Answer:

1

2

3



IS IT TRUE ?



**Choose one of these thoughts and provide three real life examples where its already true
(Maybe in a different context)**

Answer:

1

2

3

Now as you think about that goal what is different ?



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TIPS

There are a number of ways of choosing an alternative thought.

Here are some approaches:

- Do a direct opposite, e.g. "I can't dance " to "I can dance"
- Choose a positive meaning around the thought, e.g. I can't dance means that its an great opportunity to learn.
- Add the phrase "**What needs to happen** so that I can dance". This leads to finding a way forward.
- Collapse the generalisation around the thought, e.g. I can dad dance! We might have too great a expectation, by making it more realistic may collapse the limiting belief.

So be creative and find a new thought that softens the original so there's less of a block to moving forward.

TIPS

When looking for real life examples for the new thought there may not be an example around the specific context, e.g. I can dance.

However there maybe other examples where initially we weren't able to do something e.g. " I can't riding a bicycle", and given time and application we were able to.

Look for examples in different context for the evidence or where the limit belief is true but at a lesser degree, e.g. I can dad dance



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Find Out More

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