

# Worksheet

## EP 1: Ridding Yourself of Limitations

For now, it is important to become aware of your beliefs and their origin. To delve deeper, look at your current beliefs.

Write five beliefs you have about yourself

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Write five beliefs you have about OTHERS

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Which of these beliefs do you wish you could change?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

# Worksheet

Beliefs => Actions => Results

Beliefs are usually formed from what we were repeatedly told as a child or because of a strongly charged experience. Take a moment to reflect on your childhood and defining moments.

Write down five beliefs you learned through education:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Write down five beliefs you learned through society or family:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Now look to for any relationship between the beliefs you have about yourself and others with the those you learned in childhood and adopted unknowingly.

\*\*Which beliefs still serve you?

\*\*Which do you think may be limiting you?

# Resources

- Ken Robinson Video  
<http://www.youtube.com/watch?v=zDZFcDGpL4U>
- Pierre Broca  
[http://en.wikipedia.org/wiki/Paul\\_Broca](http://en.wikipedia.org/wiki/Paul_Broca)
- Split Brain Testing  
<http://en.wikipedia.org/wiki/Split-brain>
- Art and Dopamine  
<http://www.sciencedaily.com/releases/2013/01/130114111622.htm>
- Art and Happiness  
<http://www.psychologytoday.com/blog/the-healing-arts/201109/art-and-happiness-is-there-connection>