

Who Taught You What to Believe?



Belief Mapping

Trace one limiting belief. In the center of the page, write the belief. Beneath it, map where it came from: family messages, cultural narratives, societal roles, or personal experiences. Add arrows showing how these sources influenced your identity and/or write your own in the space provided.

FAMILY MESSAGES

What words, rules, or expectations shaped this belief growing up?

PERSONAL EXPERIENCES

What moments or relationships made this belief feel true?

Write limiting belief here.

What words, rules, or expectations shaped this belief growing up?

CULTURAL NORMS

What messages about gender, success, worth, or emotion were modeled or rewarded?

SOCIETAL ROLES