Counting My Blessings

Questions to help you identify your core beliefs.

Be Honest!

What do you believe about yourself?

Finish the sentence - I am _____.

List the messages that flood your thoughts each day. i.e. I am beautiful, fat, tall, skinny, smart, talented, foolish, blessed, valued, loved, successful, too emotional, etc.

What do you believe about others?

Finish the following sentences - Most people are _____? Most men are _____? Most women are _____? Most children are _____?

My spouse is _____? My child is _____? My friends are _____?

List things that relate to . . . appearance, success, finances, personality, blessings, etc.
List any generalizations you believe about . . . race, background, religion, sex, age, etc.
List attributes you believe about people in general . . . honest, helpful, kind, judgmental, lazy, etc.

What do you believe about the world/life?

Finish the sentence - The world is _____?

List things like . . . safe, full of opportunity, getting better, doomed, good, etc.

What do you believe about the future?

Finish the sentence - I believe the future is _____.

Are you mostly optimistic or well, not so much?

What do you believe about faith?

Finish these sentences - God is _____. Jesus is _____. The Bible is _____.

List as many things as come to mind.

Finally, ask yourself...

Do I use words like everyone and no-one? Always and never?
Do I see variety, beauty, and love or ugliness and hate?

Now it's time to analyze your answers.

Are most of your answers above positive? Negative?

If you're not sure, grab a small notebook and keep track of your thoughts throughout the day. and ask yourself if they are mostly hopeful or hopeless?

If you're mostly discouraged, don't give up. You can change your core beliefs.

Start by asking...

Are my beliefs helping me reach my goals or are they holding me back?

Are they true 100% of the time?

Are they really true 100% of the time?

And here's the most important question of all.

Do my core beliefs line up with the truths of God's Word?