

# What are Your VALUES, HABITS & BELIEFS

**What are your values?**

**Where did they come from?** *ex. mother, father, teacher, grandparents*

**Which ones do you feel like you have outgrown and no longer apply to you?**

*Now that you have written down which beliefs no longer benefit you, send them back to the person that gave them to you, or just allow them to dissolve.*

**List your habits and beliefs about the following:**

*money >>*

*religion >>*

*relationships >>*

*love >>*

**Where did you learn these habits and beliefs?**

**Do you still need them?**

**Are they for your highest good?** *If no, how would it feel for you to allow more space, more choices in each of these areas?*

*Try centering yourself, open your heart, and begin to rewrite any of the beliefs that no longer resonate with you.*

