Unlearning What You Were Taught

Gently examining the beliefs you carry and choosing what still fits

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the practice of instilling hope

DAY 1: Where Did This Begin

What is one belief you hold that feels automatic, and where might it have come from?

- When do I notice this belief showing up most in my life?
- Who or what influenced me to think this way?
- What emotions are connected to this belief?

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DAY 2: What Feels Familiar

How has this belief shaped the way I respond to situations over time?

- In what areas of my life does this belief feel strongest?
- Does it feel comforting, limiting, or both?
- How has it influenced my decisions or reactions?

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DAY 3: Testing the Truth

Have I ever truly questioned or tested this belief based on my own experience?

- When has this belief felt out of place or no longer fitting?
- What evidence supports it, and what challenges it?
- What might I discover if I allowed myself to see it differently?

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DAY 4: Allowing Change

What would it look like to adjust this belief in a way that better fits who I am today?

- What part of this belief still feels true to me?
- What part feels outdated or no longer helpful?
- How can I shift it in a way that feels natural and supportive?

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DAY 5: Carrying It Forward

How do I want to move forward with greater awareness of what I believe and why?

- What is one small change I can make in how I respond or think?
- How can I stay open to growth without judging myself?
- What do I want to carry forward, and what am I ready to release?

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REFLECTION

What have I learned about myself as I've explored the beliefs I carry?

- What patterns or themes have I started to notice?
- Where have I already grown or shifted in my thinking?
- How can I continue this awareness in my everyday life?