

**WHAT ARE YOUR BELIEFS?**

**DAILY LOG FOR A MONTH**

**Name:**

**Start Date:**

|  |  |  |  |  |  |  |
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| **Example (In Red)** | **Present Belief** | **Where it Comes From** | **How it Limits me** | **What I want to Believe** | **Short Phrase** | **How I will act different** |
| **Example** | **I don’t have a creative bone in my body and can’t do anything creative** | **Second grade teacher made fun of drawings and said I was not creative** | **I tend to evade creative tasks and don’t even try to think in creative ways for problem-solving** | **I’m creative and can think in alternative ways** |  **I am creative!** | **I will loo for alternative creative ways to think and problem-solve** |
| **Day 1** |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |  |
| **Day 6** |  |  |  |  |  |  |
| **Day 7** |  |  |  |  |  |  |
| **Day 8** |  |  |  |  |  |  |
| **Day 9** |  |  |  |  |  |  |
| **Day 10** |  |  |  |  |  |  |
| **Day 11** |  |  |  |  |  |  |
| **Day 12** |  |  |  |  |  |  |
| **Day 13** |  |  |  |  |  |  |
| **Day 14** |  |  |  |  |  |  |
| **Day 15** |  |  |  |  |  |  |
| **Day 16** |  |  |  |  |  |  |
| **Day 17** |  |  |  |  |  |  |
| **Day 18** |  |  |  |  |  |  |
| **Day 19** |  |  |  |  |  |  |
| **Day 20** |  |  |  |  |  |  |
| **Day 21** |  |  |  |  |  |  |
| **Day 22** |  |  |  |  |  |  |
| **Day 23** |  |  |  |  |  |  |
| **Day 24** |  |  |  |  |  |  |
| **Day 25** |  |  |  |  |  |  |
| **Day 26** |  |  |  |  |  |  |
| **Day 27** |  |  |  |  |  |  |
| **Day 28** |  |  |  |  |  |  |
| **Day 29** |  |  |  |  |  |  |
| **Day 30** |  |  |  |  |  |  |
| **Day 31** |  |  |  |  |  |  |

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