

SELF-PERCEPTION EXERCISE

Please note whether you believe or disbelieve each of the following statements.

I do
believe

I don't
believe

- | | | |
|-------|-------|---|
| _____ | _____ | 1. I'm a natural-born winner: always was, always will be. |
| _____ | _____ | 2. The world is full of people who would love to be my friends. |
| _____ | _____ | 3. I'll always have plenty of money. |
| _____ | _____ | 4. I deserve a life full of joy and fulfillment. |
| _____ | _____ | 5. I'm physically beautiful, and I always will be. |
| _____ | _____ | 6. I can be wildly successful at my chosen career. |
| _____ | _____ | 7. I have an amazingly capable brain. |
| _____ | _____ | 8. I'm perfectly lovable exactly as I am. |
| _____ | _____ | 9. I'm highly creative by nature. |
| _____ | _____ | 10. My dreams are in the process of coming true. |