



D.A.R.E. to Believe Better

Use this worksheet to challenge a belief you may have inherited, absorbed, or outgrown; and replace it with one that truly reflects who you are.

1. Discover – Spot the Belief

You can't change what you can't see. Catch yourself in the act of thinking a belief. Don't judge it, just name it. What is the belief?

2. Awareness – Question it.

Is it actually true? Is it helpful? Necessary? Yours?

This is where you shine a light on what's been living rent-free in your mind. What did you learn from questioning this belief?

3. Review – Replace or keep it!

You now have a choice: Keep the belief with intention, or replace it with one that serves who you are now, not who you were then. What new belief are you choosing to adopt (or keep)?

4. Engage - LIVE IT

Put the new belief into motion. Speak from it. Work from it. Make decisions from it.

This is how belief becomes identity. What action will you take to live this belief starting today?

Questions? Email me at patrick.mercie@theintentionalacademy.ie