

# The Abundant Mystic: 21-Days to TRUE Prosperity

www.abundantmystic.com

## Marc Allen – Core Belief Process Worksheet

Here is a blank copy of the Core Belief Process. Print this out and use it whenever you feel you could benefit from exploring a core limiting belief.

1. **What is the problem?**
  
2. **What emotions are you feeling?**
  
3. **What physical sensations are you feeling?**
  
4. **What are you thinking about?**
  
5. **What is the worst that could happen in this situation?**  
  
5a. **What is REALLY the worst that could happen?**
  
6. **What is the best thing that could happen?**
  
7. **What fear or limiting belief is keeping you from creating what you want? State your fear in as simple words as possible: Words a 5 year old could understand because then our subconscious mind really grabs hold of it.**
  
8. **What affirmation completely contradicts that negative or limiting belief and counteracts it?**