

THE BELIEF AUDIT: UNPACKING YOUR MENTAL SUITCASE



Imagine you're packing for a long journey, and you're looking at your suitcase full of beliefs. Some of these beliefs are helpful, like a warm sweater on a cold day. Others, not so much.

A belief audit is like unpacking your suitcase, taking a good look at each item, and deciding whether it's worth bringing along on your journey. It's a process of examining your beliefs and questioning whether they serve you or hold you back.

Just like packing for a trip, we often hold onto beliefs out of habit, without really considering whether they're still relevant or useful. Maybe you were taught a certain belief as a child, or you picked it up from your cultural or social environment. But beliefs can be limiting or even harmful, and it's important to take stock of what you're carrying with you.

A belief audit involves asking yourself questions like:

- What do I believe about myself, my abilities, and my potential?
- What do I believe about others, and the world in general?
- Are these beliefs based on evidence or just assumptions?
- Are they helping me achieve my goals, or holding me back?

By answering these questions, you can start to identify any beliefs that are weighing you down and decide whether you want to keep them or let them go.

Just like when you travel, it's important to pack light and only bring what you need. In the same way, by doing a belief audit, you can lighten your mental load and create space for new, more empowering beliefs. This can help you navigate life with more ease, confidence, and purpose.

So, the next time you're feeling stuck, overwhelmed, or unsure of yourself, take a moment to unpack your beliefs and examine them closely. You might just find that you're carrying around some unnecessary baggage, and that letting it go can help you move forward with more clarity and

conviction.

[Listen to podcast episode 13 - Running a Belief Audit](#)