



THE COACHING GROUP

CORE BELIEFS

CORE BELIEFS ARE DEEPLY INGRAINED CONVICTIONS THAT SHAPE YOUR WORLDVIEW, VALUES, AND PERSPECTIVES ON LIFE. THEY ACT AS LENSES THROUGH WHICH YOU INTERPRET THE WORLD. DEVELOPED IN RESPONSE TO SIGNIFICANT LIFE EXPERIENCES, BOTH POSITIVE AND CHALLENGING, THESE BELIEFS SERVE AS LENSES THROUGH WHICH YOU INTERPRET THE WORLD.

What themes did you identify in your time line?

Identify your core beliefs and their influence on your worldview in the table below.

Core Belief	Origin of Belief	Influence of Belief

