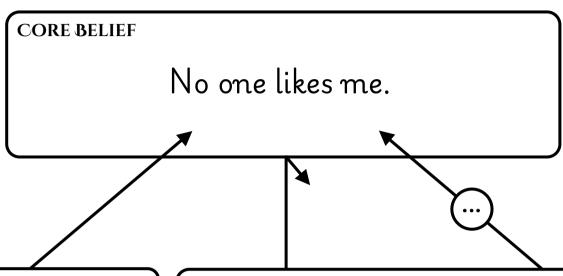
CORE BELIEFS

EXAMINING THE EVIDENCE

A person's core beliefs are like the funky sunglasses they wear to view the world; shaping how they see everything from Monday blues to Sunday brunches. As life throws curveballs, these beliefs can do a little dance, shifting here and there. But when new info high-fives a core belief, it's embraced like a warm hug, making the belief do a fist pump. On the flip side, info that doesn't match up is often given the cold shoulder.



INFORMATION THAT SUPPORTS MY CORE BELIEF.

ACCEPTED

Information I integrated into my core belief.

My buddy ghosted my call!

The grocery cashier was a real grump.

My boss dropped some notso-sunny feedback at work.

INFORMATION THAT DOES NOT SUPPORT MY CORE BELIEF.

REJECTED

Information I did not integrate into my core belief.

I hit the jackpot - an invite to a colleague's birthday bash!

At work, customers can't get enough of my chit-chat skills.

When I was under the weather, my buddy dialed me up to play doctor.

MODIFIED

Information I modified before integrating into my core belief.

I got invited on a date, but it felt more like a sympathy vote.

I mean, I love my parents, but they're a bit biased.

Oh, and my buddy tossed me a birthday gift, but let's be real - it was just a return favor.

CORE BELIEFS

EXAMINING THE EVIDENCE

COREBELIEF		
Information that supports my core belief.	INFORMATION THAT DOES NOT SUPPORT MY CORE BELIEF.	
ACCEPTED Information I integrated into my core belief.	REJECTED Information I did not integrate into my core belief.	MODIFIED Information I modified before integrating into my core belief.