

# 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.



