

Circle the number to indicate if you disagree or agree with the belief statement, then circle the number to indicate if you disagree or agree that this belief statement holds you back at work:

BELIEF STATEMENTS	THIS IS MY BELIEF		THIS BELIEF HOLDS ME BACK AT WORK	
	Disagree	Agree	Disagree	Agree
If you want it done right, you have to do it yourself	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Everything has to be perfect	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
You have to earn respect	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Conflict is painful	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Honesty gets you in trouble	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
You can't trust anybody	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
You should never disagree	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
It is ok to withhold information	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Things work out well in the end	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Work is not supposed to be fun	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
You can't let people know who you really are	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Being liked is more important than being respected	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People are responsible	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People naturally work hard	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People have courage to make important decisions	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People use their brains	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People have the courage to do what is right	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	

BELIEF STATEMENTS	THIS IS MY BELIEF		THIS BELIEF HOLDS ME BACK AT WORK	
	Disagree	Agree	Disagree	Agree
People perform better with freedom/independence than if you stay on their backs	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People like me	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People respect me	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People support me	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People trust me	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People get what they deserve	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People meet my expectations	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
People will take advantage of you if you let them	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I am smart	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I am successful	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
Good things happen to me	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I get what I want	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I get what I deserve	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I can do anything I make up my mind to do	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I expect too much of myself	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I deserve success	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	
I am worthy	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	

Make a list of **beliefs** that hold you back the most from the success and happiness you want at work, based on the results of taking BeliefsAtWork. Then indicate **ways** they hold you back, and **how** you can keep those beliefs from getting in your way (other than changing the belief).

Beliefs that hold me back	Specific ways they hold me back	How to keep them from holding me back