

HEART HAS NO LIMIT FOUNDATION

# BELIEF WORK BOOK

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*A Companion to the Belief Curriculum*

# THIS WORKBOOK BELONGS TO

DATE STARTED

DATE COMPLETED

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## WHAT THIS WORKBOOK IS

This journal trains one skill: **taking ownership of your thoughts so your future can be better than your past.**

Optimism is not positivity. It is a performance skill. Elite athletes notice their thoughts, evaluate them, choose better interpretations, take responsibility, and move forward.

**That's what this workbook builds.**

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## MY COMMITMENT

I commit to showing up honestly in these pages. I will use this workbook to own my thoughts and build my best self.

**SIGNATURE**

GETTING STARTED

→	<b>CORE TOOLS REFERENCE</b>		<b>4</b>
→	<b>DEFINE YOUR BEST SELF</b>	Complete once. Revisit often.	<b>6</b>
→	<b>DAILY REFLECTION — HOW TO USE</b>		<b>8</b>

DAILY WORK

→	<b>DAILY PERFORMANCE REFLECTION</b>	28 pages	<b>9</b>
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WEEKLY WORK

→	<b>WEEKLY ABCDE RESET</b>	5 sets · 2 pages each	<b>37</b>
→	<b>FUTURE PERFORMANCE ALIGNMENT</b>	Mental Contrasting · 2 pages	<b>47</b>
→	<b>WEEKLY CHECK-IN</b>	2 pages	<b>49</b>

END OF WORKBOOK

→	<b>FINAL REFLECTION</b>		<b>51</b>
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**There are no wrong answers.**  
Just honest ones.

## THE CORE TOOLS

### A — OWNERSHIP FILTER

Every thought falls into one of three categories:

**In My Control · In My Influence · Outside My Control**

If it's not in your control or influence, release it. Performance improves when attention stays where action is possible.

### B — ABCDE RESET TOOL

Use when something hits hard.

**A** — Activating Event: What happened?

**B** — Belief: What did I tell myself?

**C** — Consequence: How did that belief affect my emotion or performance?

**D** — Dispute: Is that belief 100% true? What's another explanation?

**E** — Energized Action: What's the more powerful way to think and respond?

### C — MENTAL CONTRASTING

1. What future performance do I want?

2. What is the real obstacle inside me?

3. What belief must change?

Optimism improves when you see **both** the goal and the internal barrier.

### D — BEST ATHLETE SELF

Who are you when you compete at your best? Not stats. Not hype. **Identity**. How do you think? How do you respond? How do you talk to yourself? How do you lead?

### HOW TO USE THIS WORKBOOK

**Daily:** Use the Daily Reflection pages to notice and own your thoughts each day.

**Weekly:** Use the ABCDE Reset and Future Alignment pages for deeper reflection.

**Anytime:** The Check-In page can be used whenever you need to recalibrate.

**Refer back** to your Best Self pages whenever you need to reconnect with your identity.

BEFORE YOU BEGIN

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# Your Best Self Awaits

Complete the next two pages once.  
Return to them often.

→ PAGES 6 & 7

## DEFINE YOUR BEST SELF

There is a part of me that is already my best possible future version of myself. This version of me is embodied in:

**I THINK LIKE:**

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**I RESPOND LIKE:**

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**I SPEAK TO MYSELF LIKE:**

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**I LEAD LIKE:**

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**I HANDLE MISTAKES LIKE:**

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**I HANDLE PRESSURE LIKE:**

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**I HANDLE CRITICISM LIKE:**

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## DEFINE YOUR BEST SELF

### MY STANDARDS (NON-NEGOTIABLES)

- ① |
- ② |
- ③ |

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### MY SYSTEM

Describe the system I have in place to effortlessly live my standards:

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### IN ONE SENTENCE, WHO IS MY BEST SELF?

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Come back to this page whenever you lose the thread.  
**This is who you are.**

## DAILY PERFORMANCE REFLECTION

Use one page per day — or any time you want to reflect. There are **28 pages** ahead, giving you space for roughly four weeks of daily work. Here is how each section works:

### 1 — TODAY'S WINS

Name what went right, even if it was small. This trains your brain to notice good.

### 2 — STRONGEST THOUGHTS I NOTICED

Write down thoughts that stood out today. Mark + for positive, – for negative. Once you have worked through it with optimism, circle the mark. This is your thought-ownership practice.

### 3 — THE OPTIMISTIC VIEW

Take any negative thought from Section 2. What is a stronger, more accurate, more useful way to think about it? Don't fake positivity — find a more accurate interpretation.

### 4 — ONE THING TOMORROW

Based on what you learned today, what is the *one* specific action you will take differently tomorrow?

**Remember:** You are not trying to be perfect. You are training the skill of noticing your thoughts and choosing better ones. Each page is one rep.

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What's a stronger, more accurate way to think about it?



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# PERFORMANCE RESET: ABCDE

Use your daily reflections from this week to identify one key situation to reframe. Work through it completely below.

## **A** ACTIVATING EVENT

Describe the situation clearly.

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## **B** BELIEF

What story did you tell yourself?

- Permanent — "This always happens to me"
- Pervasive — "This ruins everything"
- Personal — "It's all on me / my fault"

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## **C** CONSEQUENCE

What does this belief produce in you?

### EMOTION:

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### BEHAVIOR:

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### PERFORMANCE IMPACT:

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# PERFORMANCE RESET: ABCDE

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## DISPUTE

Challenge the belief with evidence.

WHAT EVIDENCE CONTRADICTS THIS BELIEF?

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WHAT WOULD AN OPTIMISTIC ELITE PERFORMER SAY?

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WHAT'S A MORE ACCURATE EXPLANATION?

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## ENERGIZED RESPONSE

Shift the energy, emotion, and behavior.

NEW BELIEF:

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MY OPTIONS:

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ACTION I WILL TAKE NEXT TIME:

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**WHAT'S A MORE ACCURATE EXPLANATION?**

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## **E** ENERGIZED RESPONSE

Shift the energy, emotion, and behavior.

**NEW BELIEF:**

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**MY OPTIONS:**

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**ACTION I WILL TAKE NEXT TIME:**

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**HOW I WILL TALK TO MYSELF NEXT TIME:**

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## FUTURE PERFORMANCE ALIGNMENT

**1** What future performance do I want most right now — one that's in alignment with who I want to be?

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**2** If that became reality, what would change?

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**3** What is the biggest internal obstacle inside me right now?

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**4** What belief feeds that obstacle?

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**5** What belief would remove it?

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**6** One action this week aligned with that belief:

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## WEEKLY CHECK-IN

This week, did I...

**THINK LIKE MY BEST SELF?**

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**LEAD LIKE MY BEST SELF?**

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**RECOVER LIKE MY BEST SELF?**

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**WHERE DID I DRIFT?**

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**WHAT CORRECTION DO I MAKE?**

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## **END OF WORKBOOK REFLECTION**

**1 WHERE DID I MOVE CLOSER TO MY BEST SELF?**

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**2 WHAT THOUGHTS, BELIEFS, OR PATTERNS SLOWED MY PROGRESS?**

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**3 WHAT ACTIONS WILL I DO DIFFERENTLY MOVING FORWARD?**

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**4 WHAT SYSTEM WILL I PUT IN PLACE TO BUILD MOMENTUM?**

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*The difference between  
where you are and where  
you want to be is the thought  
you're willing to change.*