



BELIEF MONITORING

IDENTIFY YOUR NEGATIVE FEELINGS,
AND CHANGE HOW YOU THINK
ABOUT YOU AND THE WORLD
AROUND YOU.

BY MATT HEMSLEY
THE COACH COLLECTIVE

69@9: A C B # C F # B ;

A note from your coach...

K Y`Wb`]XYbh]Zmi bd`YUgUbhZY`]b[g`Ug`h`Ym`UddYb`Y"["k`Yb`k`Y`UfY`ZY`]b[`gUXžk`Yb`
ci`f`a`ccX`]g`ck`žk`Yb`k`Y`UW`YI`V]Y`Ya`Ybh]b`ci`f`]j`Yg`YHW`#i]g`gca`Yh]a`Yg`a`cfY`X]Z]W`h`
h`c`]XYbh]Zmi`h`Y`fYUgcbg`Zcf`ci`f`bY[`Uh]`Y`ZY`]b[g`UbX`h`Y`gdYV]W]W]h`ci`[`h]g`Uggc`V]UHY`k`]h`
h`Ya`"

B Y[`Uh]`Y`Ya`c]cbg`UfY`V`a`a`cb`mifY`UHY`h`c`h`Y`k`Umik`Y`h`]b`_`UV`ci`h`ci`fg`j`Yg`UbX`#cf`
g]h`Uh]cbg`k`Y`UfY`]b`"C`i`f`h`ci`[`h]g`a`UmhY`i`g`h`Uhk`Y`UfY`bch[`ccX`Ybci`[`cf`
gca`Yh`]b[`h]ff]V`Y`]g`[`c]b[`h`c`UddYb`"h`Yg`bY[`Uh]`Y`Ugg`a`d]cbg`UbX`W]Ug]fcd`]W
h`ci`[`h]g`UbX`cd]b]cbg]b]Uf]UV`mifYg`h]b`c]Yf![`YbYfU]gYX`UbX`Uf[`Y`mi`b`Y`dZ`ž`
]bUW]fUHY`V`bW`g]cbg`

I DZ1C5G 1C . . .

I`g]b[`h`Y`5678`k`cf`_g`Y`h`W]b`U`ck`i`g`h`c`f`Y`V`f`X`ci`f`VY`]Y`Zg`UbX`YI`d`cfY`h`Y]f`UW]fUW]h`
]b`a`cfY`XYH]`" `h`U`gc`U`ck`g`i`g`h`c`f`ZY`W]U`Z`Y`f`Ub`E]j`Yb]h]UbX`ei`Yg]cb`h`Y`j`U`]X]h]m]c]Z`ci`f`
]b]h]U`bY[`Uh]`Y`UbX`c`Z`Y`b`]ff]U]cbU`Ugg`a`d]cbg`h`Y`a`cfY`n`ei`f`VY`]Y`Zg`UfY`W`U`Yb[`YX`ž`
h`Y`a`cfY`n`ei`k`]`XY`j`Y`cd`U`dcg]h]j`Y`a`]b`X`g`Y`h`UbX`n`ei`f`UV`]h]m]h`c`X]g]a`]gg`i`b`Y`dZ`V`Y`]Y`Zg`
k`]`]b`V]Y`UgY`

**** . . . 57 H# 5HB ; 9J 9B H'fG]h Uh]cbŁ

Y"[" < Uj]b[`h`c`d`f`Y`g`Y`bh`U`b`Y`k`d`f`c`d`c`g`U`U`h`k`c`f`_`"

**** . . . 69@9: fl b`Y`dZ`h`ci`[`h`c`

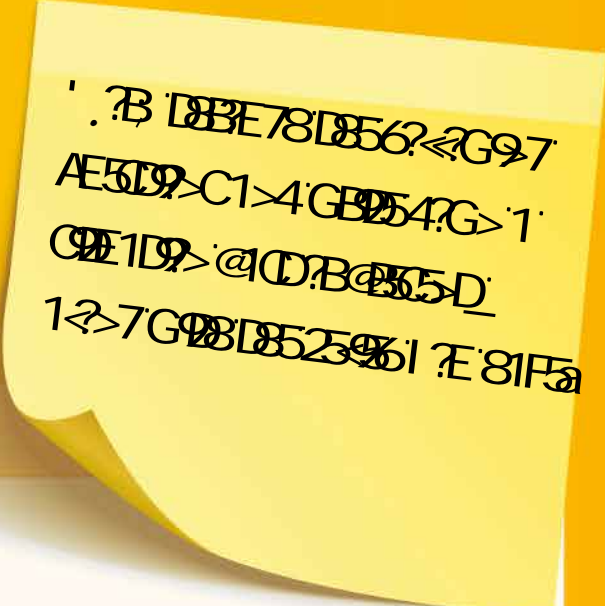
Y"[" #h` [`c]b[`h`c`a`U`_`Y`U`Z`c`c`Z`a`ng]Y`Z`UbX`a`m]a`UbU[`Y`f`k`]`h`]b`_`#h`i`g`Y`Y`gg`Uh`
a`m`c`V`"=#a`][`h]h`Y`h`h`Y`g`UW`f`W]Ug]fcd`]W]h`]b`_]b[`Ł`"

**** . . . 7 C B G9E I 9B 7 9G`fl`YY`]b[g`UbX`6Y`Uj`]ci`f`Ł

Y"[" : YY`]b[`k`c`ff]YX`UbX`Ubl`]ci`g`ž`Uj`c]X`UbW`c`Z`a`UbU[`Y`f`UbX`V`c`YU[`i`Yg`"

**** . . . 8 =GD I H9`f`k`ck`f`YU`]g]W]g`h`]g`VY`]Y`Z`k`Y`f`Y`g]h`Y`Yj`]X`Y`b`W`Z`c`f`UbX`U[`U]b]g]Ł

Y"[" =Ua`k`Y`f`Y`g`d`Y`W]X`UbX`Uj`Y`[`]j`Yb`g`W]Y`gg]ž`d`f`Y`g`Y`bh]U]cbg`VY`Z`c`f`"=#_bck`
h`Uh]Z`d`f`Y`d`UfY`d`f`c`d`Y`f`n`ž`=#k`]`VY`Z]bY`"



ACTIVATING EVENT

A large, empty white rectangular area intended for writing or drawing, corresponding to the 'ACTIVATING EVENT' header.

BELIEF

A large, empty white rectangular area intended for writing or drawing, corresponding to the 'BELIEF' header.

1 7G_915>D81 185
3>C7E5>3C1 7E 1E5
54E5>3>71>4'915>D81
1'3E>D81B/E5= 5DD
1 7EB2396a

CONSEQUENCE

DISPUTE



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Creating results through conversations