

1 🙌 **Welcome to your mini-training** to identify and challenge your first core beliefs.

- **Duration:** approx. 10 minutes
- **Material:** Pen & paper ✍️

2 🔍 **Find your belief**

Think of a situation that is weighing on you. Spontaneously write down the sentence that comes to mind.

3 ❓ **Question it**

1. Is this statement really true?
2. Can you be 100% certain that it is true?

4 ☀️ **Feel the effect**

How do you feel when you believe this thought?

5 🌈 **New perspective**

Formulate an alternative point of view.

6 🚀 **Next steps**

Learn more in the workshop: <https://sorgenwaschanlage.de/en>