

A few simple but effective questions to challenge your thoughts and beliefs:

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

*These are 4 questions from The Work by Byron Katie that can help you let go of your (fear driven) beliefs. If you struggle with limiting beliefs, don't try to 'fix' yourself on your own, ask someone to help you.*

So, you might wonder... What do you do if your thought is actually True?

1. Can you do something about it? If yes, then act.
2. If not, can you accept it and do something to make your life better, despite/because of its presence?

*These questions are from Mo Gawdat, author of Solve for Happy.*