

Belief System - Self-Reflection

Beliefs are assumptions formed from past experiences that shape our current decisions and behaviors. They can relate to issues, topics, people, groups, skills, values, or other areas. These beliefs are flexible and often change over time.

This self-reflection guide offers insights into the belief system people rely on to make life decisions.

The 12 statements illustrate typical mental models people use to interpret the world. The statements are deliberately designed to contrast with one another to encourage reflection, and the ranking process is intended to help identify associated priorities.

Instructions:

1. Rank each of the 12 statements described below:
 - **From** “1” - Most true for me. **To** “12” - Least true for me.
2. There are no right or wrong answers.
3. Discuss the rankings and related context with the mentor.

<u>Rank (1-12)</u>	<u>Belief Statement</u>	<u>Tendency</u>
	My own hard work is the main factor that will determine my success.	Internal Agency
	In my neighborhood, being 'real' is more important than being successful.	Survival/Identity
	Most authority figures (teachers, police, bosses) don't actually want me to win.	Systemic Belief
	If I have a solid plan, I can handle almost any problem that comes my way.	Goal-Oriented
	It is safer to keep your feelings to yourself than to trust others with them.	Self-Protection
	I have a responsibility to help my family and community move up with me.	Social Capital/Loyalty
	Success is mostly about being in the right place at the right time (luck).	External Agency
	I am strong enough to change my life, no matter where I started.	Resilience
	It's better to focus on surviving today than on dreaming about five years from now.	Short-term Bias
	Asking for help is a smart move, not a sign of weakness.	Growth Mindset
	The 'system' is designed to keep people like me from getting ahead.	Systemic Obstacle
	Taking a big risk is worth it if it offers a chance at a better life.	Risk Tolerance