



Personal Transformations

19015 Jodi Road – Unit H
Mokena, IL 60448
708-717-5327

Holly A. Cox, L.C.P.C., C.D.C.®, C.D.C.G.L. ®



Write down nine beliefs you have about yourself and others now.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____