

The Meraki Belief System Assessment

Uncover the impact our beliefs have on our lives

Welcome to your Meraki Assessment

Your mind is a master architect, building your reality based on invisible affirmations called beliefs. Most of them aren't even yours—they were inserted from your past, your family, or your fears. This workbook is designed to help you catch those unconscious claims and bring them into your awareness. ***Be honest, be gentle with yourself, and let's begin.***

Do you know where your beliefs come from?

External Influences

- ☐ Do they come from what your friends believe or imply?
- ☐ Do they come from what your parents told you?
- ☐ Do they come from beauty standards?
- ☐ Could they come from what people are doing and their behaviour?
- ☐ Could they come from what I see, hear, read, or watch?

Internal Conditioning

- ☐ Beliefs about yourself come from your past? (*Meaning that because I couldn't do it in the past, I'm not going to be able to in the future*).
- ☐ Could they come from childhood?
- ☐ Could they come from the idea you have to be perfect?

Write down the belief (or beliefs) that repeats most often in your mind



If your brain is stuck here:

"I'm never good enough, beautiful enough, smart enough, charming enough"

The Meraki Challenge Truth:

Your worth is not a checklist of how smart, beautiful, or charming you can be. It is found in your quiet strength, your kindness, and the simple fact that you exist because a human being is a complex and sacred being.

If your brain is stuck here:

"I have to be perfect to be worthy, or I need to be my best version to be loved."

The Meraki Challenge Truth:

Perfection is a trap designed by the system because everything has to sell. We are not a machine or a doll. Progress, even if it's messy, is where your freedom lives. Now is the time to start.

If your brain is stuck here:

"My repeated failures to change prove that my current state is permanent and unchangeable."

The Meraki Challenge Truth:

Your current habits helped you survive difficult times. Thank them for protecting you, even as you are now slowly ready to outgrow them. True transformation happens through small, focused steps—not overnight. You don't have to fix everything at once.

Your First Meraki Step

Look back at the checklist you just completed. Choose **the one belief** that is limiting your growth the most right now. Write it down below, and consciously choose to thank it for protecting you in the past, but gently get ready to let it go.

My limiting belief:

How it tried to protect me:

(e.g., to keep me safe from rejection, failure, or judgment)

My new transition choice: (e.g., failure is not to be feared but learned from)

Remember: Transforming the mind requires daily practice. Identifying your limiting belief is only the first spark; consistent action is what builds the fire.

In **The Meraki Challenge**, you will find fun, easy-to-understand, and actionable content designed to help you:

- **Understand** your unique belief system and its deep impact on your life.
- **Build** resilient, empowering thoughts that align with who you are today. See the world and yourself through a different perspective.
- **Bridge the gap** between awareness and reality, because beliefs without action are meaningless.

Your next chapter is waiting for you

Explore The Meraki Challenge

