

# CHANGE YOUR BS

(BELIEF SYSTEMS)

**A Guided Reflection for  
Recognizing and  
Reframing the Beliefs  
That Shape Your Life**

*Victoria Reynolds*



# *Hello there,*

## **Are your beliefs working for you — or quietly working against you?**

Most of us live inside beliefs we didn't consciously choose. They were inherited, absorbed, or reinforced over time—by family systems, culture, religion, authority figures, and the need to belong.

Some beliefs once served a purpose. But as you grow, outdated beliefs become invisible limits—shaping what you attempt, what you tolerate, what you expect, and what you consider possible.

Change Your BS (Belief Systems) is a short guided reflection designed to help you identify the stories running in the background of your life, and consciously replace them with beliefs that align with clarity, self-trust, and personal authority.

### **In this guide, you'll learn how to:**

- Identify hidden beliefs that influence your decisions and confidence
- Recognize patterns such as guilt, shame, and self-judgment without getting stuck in them
- Reframe fear-based assumptions into truth-based statements you can actually live from
- Strengthen clarity and self-leadership from the inside out

This isn't "positive thinking." It's discernment, learning to separate what you truly believe from what you've been conditioned to repeat.

## STEP ONE:

# RECOGNIZE YOUR BS

**Begin by noticing what shows up when you feel triggered, stuck, hesitant, or reactive.**

### **Ask yourself:**

- What belief is underneath this moment?
- What am I assuming to be true about myself, others, or the world?
- Where might I have learned this belief—directly or indirectly?

### **Common fear-based beliefs often sound like:**

- “This always happens to me.”
- “I’m not good enough.”
- “If I show up fully, I’ll be judged.”
- “I’m too much / not enough.”
- “I have to earn love, success, or safety.”
- “Wanting more makes me selfish.”
- “Leadership is unsafe.”

**Write down 3–5 beliefs that tend to surface repeatedly—especially those that leave you feeling:**

- Ashamed
- Anxious
- Guilty
- Small
- Resentful
- Powerless

## STEP TWO:

# GUIDED REFLECTION QUESTIONS

**Use these prompts to go deeper. Be honest. Be specific. No performance required.**

- When I believe this, what changes in my body? • What emotion does this belief generate first?
- Who modeled this belief for me—or benefited from me believing it?
- Is this belief true now, or is it outdated?
- What does this belief protect me from?
- What does it cost me—in relationships, leadership, money, visibility, peace?
- If I rewrote this belief to reflect clarity and self-trust, what would it become?
- Who would I be if this belief no longer ran my decisions?

## STEP THREE:

# REFRAME THE BELIEF

**Now choose one old belief and write a new statement you can practice living from.**

**Use this structure:**

**Old Belief:** “I have to be perfect to be loved.”

**New Belief (Reframed Statement):** “I am worthy of love exactly as I am. My humanity is not a flaw—it’s part of what makes connection real.”

Write your new belief somewhere you’ll see it. Return to it when the old story tries to reclaim authority. Reframing isn’t pretending. It’s choosing a truer foundation.

## A FINAL NOTE:

**“BS” is not a moral failure. It’s a shortcut your mind learned—often long ago—to make sense of the world and stay safe within it.**

But you are no longer required to live from beliefs you did not consciously choose.

When you change your beliefs, you change your choices.  
When you change your choices, you change your life.

**One belief at a time.  
One decision at a time.**

*Victoria Reynolds*

