



Belief Inventory

Date:

Item	Do you agree with each statement...	Never (1)	Seldom (2)	Sometimes (3)	Often (4)
1	I am free.				
2	I am relaxed.				
3	I am abundant.				
4	I am effective.				
5	I am positive.				
6	I am trusting.				
7	I am protected.				
8	I am loved.				
9	I am recognized.				
10	I am meaningful.				
11	I have a purpose.				
12	I am heard.				
13	I am evolving.				
14	I am fulfilled.				
15	I am supported.				
16	I am forgiving.				
17	I am content.				
18	I am capable of healing.				
19	I am grateful.				
20	I am happy.				
	Total for each column				
		Grand Total of Columns			
	Which quartile is your score?				
		20-35 pts.	36-50 pts.	51-65 pts.	66-80 pts.