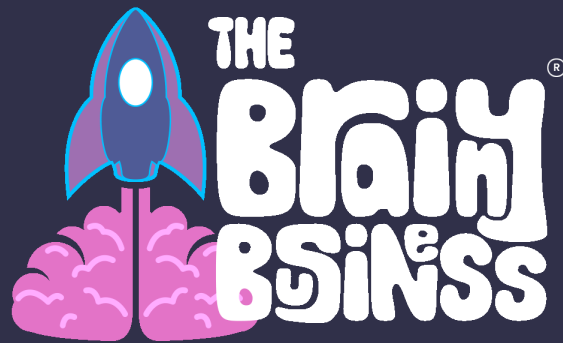


# CONFIRMATION BIAS

## WORKSHEET



The subconscious brain filters out information that doesn't fit our existing beliefs. This can be a problem...and it can be used strategically to help you grow.

### Your Brain Will Do These 4 Things:

- Not seek out objective facts
- Interpret information to support your existing belief
- Only remember details that uphold your belief
- Ignore information that challenges your belief

### What existing belief is holding you back?

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### Using the list above, how can you avoid confirmation bias next time?

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### What goal could benefit from strategic confirmation bias?

If you haven't narrowed your goals already, use the free Master Your Mindset mini course to find yours.

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### How can you use the list above to positively reinforce your new mantra (and reach your goals)?

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