

B.E.T. on Yourself

What to Know

Believing in yourself, generating excitement, and taking action are essential components of personal growth and success. Using the B.E.T. technique can help you cultivate these qualities and achieve your goals. By fostering belief, excitement, and action, you can overcome obstacles, and lead a more fulfilling life. Follow these steps to B.E.T on yourself:

1. Believe in Yourself (B): Self-belief is the foundation of any successful endeavor. When you believe in yourself, you unlock your potential and develop the confidence needed to face challenges head-on. When you believe in yourself, you recognize your worth, trust your abilities, and know you have what it takes to achieve your goals.

2. Excitement (E): Excitement fuels motivation and creativity. When you are genuinely excited about something, it becomes easier to stay committed and enthusiastic about your journey. Excitement ignites your passion and gives you the energy to push through setbacks and challenges.

3. Take Action (T): Believing in yourself and feeling excited are important, but they must be followed by action. Taking action is where your dreams become reality as you set clear and attainable goals, breaking them down into manageable steps. You are consistently working toward the achievement of your goals. Action transforms your aspirations into achievements.

What to Do

Answer the following questions.

How do you feel about your life right now? Be honest!

How do you want your life to be? Be specific.

What are you willing to give up to have the life you want?

Follow the steps below.

1. Believe in Yourself (B). Reflect on your past successes, no matter how small they may seem. Write down at least three achievements that make you proud.

1.

2.

3.

List your strengths, skills, and talents. What are you naturally good at?

Identify any negative self-beliefs that may be holding you back. Write down three and challenge their validity. Replace them with positive affirmations.

Negative Self-Beliefs	Alternative Positive Affirmations

2. Excitement (E). Think about your current goals or dreams. Which one excites you the most? Write it down.

In the space below, create a collage that represents this goal. Include images, quotes, colors, and symbols that resonate with your excitement.



Share your excitement with a trusted friend or family member. Discussing your passion can amplify your enthusiasm! Who will you share it with? When?

3. Take Action (T). Break down your most exciting goal into smaller, actionable steps. Write them out in a clear, chronological order. Assign deadlines to each step to create a timeline for achievement.

Action Step	Deadline

Commit to taking the first step today, no matter how small! Mark it on your calendar and hold yourself accountable.

Did you complete the first step? Yes / No

Why or why not? _____

This worksheet is a tool to empower you to believe in yourself, generate excitement, and take action toward your goals. Remember that success is not a linear path – setbacks and challenges are part of the journey. The key is to maintain your self-belief, fuel your excitement, and consistently take action. With these three steps you can achieve your dreams and create a brighter future for yourself.

Reflections on This Exercise

What was challenging about this exercise? Be specific.

Did anything surprise you about this activity? Explain.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
