



Faith, Belief & Trust

A Transformational Workbook for Heart-Centered Living

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Faith, Belief & Trust: A Transformational Workbook for Heart-Centered Living

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Section 1: Foundations of Faith, Belief & Trust

Insight: Why these three pillars are vital for growth.

Exercise: Self-Assessment

Rate yourself on a scale of 1–10 on belief in self, faith in life, and trust in others.

Journal Prompt: Where in my life do I feel strong in faith, belief, and trust? Where do I feel weak?

Section 2: Understanding the Gaps

Insight: Reasons why faith, belief, and trust may be lacking (e.g., past trauma, broken promises, failure, fear, cultural conditioning).

Exercise: Reflective Timeline

Identify key life events where trust was broken or faith was shaken.

Journal Prompt: What beliefs have I unconsciously carried that limit me?

Section 3: Rewriting the Story

Technique: Cognitive reframing – shifting old limiting beliefs into empowering ones.

Exercise: Belief Transformation

Write your old belief → Replace it with a new empowered belief.

Journal Prompt: What would I choose to believe if fear wasn't in the way?

Section 4: Building Inner Faith

Technique: Daily intention setting and affirmation writing.

Exercise: Affirmation Creation

Create 3 daily affirmations around faith, belief, and trust.

Journal Prompt: How can I embody faith today in one practical action?

Section 5: Living From the Heart

Insight: The power of heart-centered decision-making.

Exercise: Heart-Check Technique

Before making a choice, pause and ask: Is this aligned with my heart?

Journal Prompt: What does my heart truly want me to trust right now?

Section 6: Empowerment Techniques

Visualization: Guided imagery of stepping into your highest self.

Exercise: Letter from Future Self

Write a letter from your 'Future Self' who already embodies full faith, belief, and trust.

Exercise: Gratitude Ritual

Create a daily practice of writing down 3 things you trust life is unfolding perfectly in.

Section 7: Integration & Commitment

Exercise: Action Plan

Design your personal 'Faith, Belief & Trust Action Plan.'

Journal Prompt: What daily rituals can I commit to for the next 30 days to strengthen my faith?

Closing Section

Powerful Closing Affirmations: Create your own affirmations guided by the prompts throughout this workbook.

Encouragement: Remember that growth is ongoing, and self-trust deepens over time. Each step you take is a victory.

Journal Page

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Dr John Souglides, Ph.D.

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