



Ocean Beliefs Checklist

Check the beliefs that feel true to you:

- In the ocean, I need different skills than I need in a pool.
- In the ocean, I need to be constantly vigilant about the fish.
- In salt water, I'll float higher than in fresh water: it'll be less work.
- Waves may prevent me from going where I want to go.
- Currents may prevent me from going where I want to go.
- If I'm in a current, I'm not sure how to get back to shore.
- I may not be able to swim as far as shore.
- If I can't see through the water, I'm unsafe.
- I feel tiny in the ocean.
- Water in the ocean works the same way as water in the pool (it pushes me up).
- I'll let myself use floating assists (lifejacket, noodle, inner tube) to help me stay in my body.
- I don't want to use floating assists.
- I'm willing to use floating assists to learn how to work with them.
- I'm willing to use floating assists while I learn how to be at ease without them.
- I may have to push myself to get what I came for.
- I know if I let myself be where I am, I'll make the most progress.
- Knowing how to float and how to stay in my body are the most important skills I need in the ocean.