

What You Believe In

Put your own beliefs into your own words, whatever they are.

WHEN TO USE THIS

Use this when you are working out what you actually hold to, apart from what you were taught.

Finish this however you want: I believe...

Where did that come from? Someone, something that happened, or your own thinking?

Where does it show up in how you treat people?

What are you still unsure about, and can you live with being unsure for now?

Beliefs are allowed to be in progress. Yours do not have to match anyone's.