

Belief Themes

Imagine your most ideal, happiest life! Use the page below, (the one with all the words), to identify the top five beliefs themes that would have to be priorities in order to have that life. Think about what if you already had that life. What themes would have to drive your decisions in order to make that life real? No matter what choices you make during the day, they all either get you closer to, or further away from those things you say you want. Try to be aware of how you make decisions throughout the day. Are your decisions driven by the themes you identified? Are your choices showing those things as a priority? If not, do you need to revisit your choices? Or what you think “should” be important?

The page with the multiple lines is just for your use. You can use it to help you sort and identify your belief themes. Answer the questions on the remaining pages related to your five chosen belief themes.

Balance Fame	Faith	Connection	Self-Reliance	Accomplishment
Boldness	Non-violence	Spontaneity	Accountability	Family
Sexuality	Service	Fitness	Fate	Openness
Adventure	Achievement	Optimism	Kindness	Simplicity
Solidarity	Security	Skill	Sincerity	Aspiration
Authority	Authenticity	Free will	Attitude	Peace
Generosity	Freedom	Performance	Perfection	Compassion
Personal Growth	Fun	Stability	Being Nice	Autonomy
Learning	Persistence	Integrity	Beauty	Giving/Charity
Hard Work	Status	Change	Challenge	Global View
Positive Attitude	Altruism	Pleasure	Being Supportive	Organization
Teamwork	Gratitude	Success	Style	Cleanliness
Competence	Popularity	Commitment	Collaboration	Harmony
Loyalty	Communication	Heritage	Heroism	Power
Hope	Community	Honesty	Practicality	Intuition
Trust	Honor	Prestige	Tradition	Tolerance
Truth	Pride	Tranquility	Humor	Competition
Conviction	Conformity	Patience	Prosperity/Wealth	Privacy
Quality	Courage	Punctuality	Utility	Regularity
Wellness	Inclusiveness	Variety	Cooperation	Innovation
Inner Peace	Influence	Creativity	Improvement	Rationality
Well-being	Clarity	Recognition	Wisdom	Decisiveness

[illegible][illegible]

1. _____

Description/Definition _____

What do you want more of/what do want to change: _____

Beliefs: a. _____

b. _____

c. _____

2. _____

Description/Definition _____

What do you want more of/what do want to change: _____

Beliefs: a. _____

b. _____

c. _____

3. _____

Description/Definition _____

What do you want more of/what do want to change: _____

Beliefs: a. _____

b. _____

c. _____

4. _____

Description/Definition _____

What do you want more of/what do want to change: _____

Beliefs: a. _____

b. _____

c. _____

5. _____

Description/Definition _____

What do you want more of/what do want to change: _____

Beliefs: a. _____

b. _____

c. _____