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To Believe – I Want to Believe

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We always have, and we always will have the intrinsic need to believe in something. Life is a journey whose demands will always exceed whatever personal assets we might possess in an attempt to meet those demands. Life always has and life always will require more of me than I have within myself to give it. All of my accumulated resources meticulously gathered and shrewdly coordinated in the most strategic manner possible will always fall achingly short of meeting even the most primitive and pared down demands of living life. And because that’s the case, I’ve got no alternative but to extend myself outside of myself and believe in things that are bigger than me. I not only need to believe, I want to believe.

List three things that you would like to believe in. Choose things that you’ve always wanted to believe in, but haven’t been able to believe in.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do your three choices have in common?

What do you see as the major differences in these three things?

What do you feel has been the thing that has kept you from being able to believe in these things?

To what degree does believing in something have a positive impact on your life?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree does not believing in something have on your life?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Based on your observations, what are three things you can do to position yourself so that you are better able to extend some degree of belief in the things that you outlined above?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_