

Foundations

Day Fourteen Assignment - Beliefs

Describe something or someone in your life recently that you felt was wrong or bad (Hint: feeling annoyed, irritated or inconvenienced counts).

List some thoughts you had in the moment of the event.

What emotions did you feel?

Finish the following sentences by using the first two adjectives that come to mind regarding each noun/subject. Do not try to be positive or over-think this. Write your answers quickly.

Politicians are _____ and _____

Banks are _____ and _____

Romantic relationships are _____ and _____

Public school systems in my country are _____ and _____

Billionaires are _____ and _____

Medical doctors are _____ and _____

My government is _____ and _____

Marriage is _____ and _____

Recreational drugs are _____ and _____

Going to the gym is _____ and _____

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Use one sentence from above where both adjectives are negative from your perspective.

A) Why is this true in your experience?

B) Would others (excluding the noun/subject) disagree with this statement?

C) Find one experience from your life where this statement is false.

D) What two new adjectives could you use to describe this noun/subject based on your last answer?

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Day Fourteen Assignment - Beliefs

List ALL of the ways money can come to YOU.

List one way money has come to someone else that you did not include in your previous list.

Is it possible for money to come to you in this way? Why or why not?
