

Foundations

Day Thirteen Assignment - Beliefs

Use the words from list 1 to fill in the first blank in each sentence. Use the words from list 2 to fill in the 2nd blank in each sentence.

List 1

authentic	loved
supported	ridiculed
understood	misunderstood
admired	ignored
sincere	insincere
included	excluded
responsible	irresponsible
disorganized	lazy
generous	stingy
relaxed	confident

List 2

spouse	partner
family	children
parents	siblings
co-workers	employees
neighbors	money
career	time
health	loved ones
boss	clients
job/work	relationships
strangers	business
self	belongings

1. I am always _____ by (my) _____
1. _____ 2. _____
2. I am never _____ with (my) _____
1. _____ 2. _____
3. I am _____ with (my) _____
1. _____ 2. _____
4. I cannot be _____ with (my) _____
1. _____ 2. _____
5. I am not _____ with (my) _____
1. _____ 2. _____
6. I am always _____ with (my) _____
1. _____ 2. _____

Write your own "I am" statement using your own words
