

Clarifying Your Beliefs

This section is designed to help you gain a clearer picture of what you actually believe and what you want to believe. The "What You Think You Believe" section is simply there to help you express whom you think you are and what you think you believe. Feel free to write down what you think. Some of the primary categories people like to challenge or improve their beliefs are religion, relationships, work, entertainment, and free time. The "Self-Audit" section is designed to help you gain self-awareness by identifying your behaviors and identifying the beliefs of your friends. Just be as honest as you can. "What You Want to Believe" is your opportunity to aim towards being the person you want to be. Simply write down the beliefs you want to hold.

What You Think You Believe:

What do you think you believe? (Write down the beliefs you want to confirm or investigate)

1. God is ultimate reality
 - a. Is the belief objective or subjective? Objective
2. Work matters
 - a. Is the belief objective or subjective? ^{objective}~~Objective~~ ~~Just~~
3. Relationships matter
 - a. Is the belief objective or subjective? Objective
4. Personal choices (my) matter
 - a. Is the belief objective or subjective? objective
5. I need to continue to grow & develop
 - a. Is the belief objective or subjective? subjective

Self-Audit:

In this section, you will inspect your time, spending habits, and friends by simply writing down information about each category. Fill in the calendar below with information about how you spent your time last week.



Audit of Time

Time	Today	Yesterday	Past Day #3	Past Day #4	Past Day #5	Past Day #6	Past Day #7
6:00 am	Get ready for work	—	—	—	→	Prayer	→
7:00 am	Work	—	—	—	→	Get ready	Invest in kids
8:00 am	↓	↓	↓	↓	↓	↓	↓
9:00 am	↓	↓	↓	↓	↓	↓	↓
10:00 am	↓	↓	↓	↓	↓	Church	Work on website
11:00 am	↓	↓	↓	↓	↓	↓	↓
12:00 pm	Lunch	—	—	—	→	↓	↓
1:00 pm	Work	Work	—	→	Work	Church Meeting	↓
2:00 pm	↓	↓	↓	↓	↓	↓	↓
3:00 pm	↓	↓	↓	↓	↓	↓	↓
4:00 pm	Commute	commute	commute	Commute	commute	↓	↓
5:00 pm	—	Rest	work on video	↓	Video Production	Home	↓
6:00 pm	—	Wed. Jeh Oday	Bible Study	Meeting with Jasper	↓	↓	↓
7:00 pm	—	↓	↓	↓	↓	↓	↓
8:00 pm	—	↓	concert	↓	spend time with kids	↓	↓
9:00 pm	—	Home	Home	Home	↓	↓	↓
10:00 pm	—	—	—	—	—	—	Dinner

Audit of Time:

1. Do you do anything at work besides work? If so, what are those things?

Work on side businesses; Play on my phone,
watch YouTube videos

2. If so, how much time do you spend doing non-work-related things?

10-15% non-work related

3. When at home, what percentage of your time is spent by yourself? What percentage is spent with other people?

80% other 20% myself

4. What do you do with your alone time? Should you find ways to make your alone time more productive?

Work on side hustles or play on phone

It's not too bad, I just need to maintain good boundaries

5. Do you think you have an appropriate relationship with entertainment? Why or why not?

It's ok. I try to play when it's play time

and work when it's time to work. Also, play time is not unreasonable

6. Do you think you use your free time well? Why or why not?

Yes. I stay pretty productive. I try to

create more than I consume.

†

Audit of Money:

1. What are the top seven things you spent your money on in the last month?

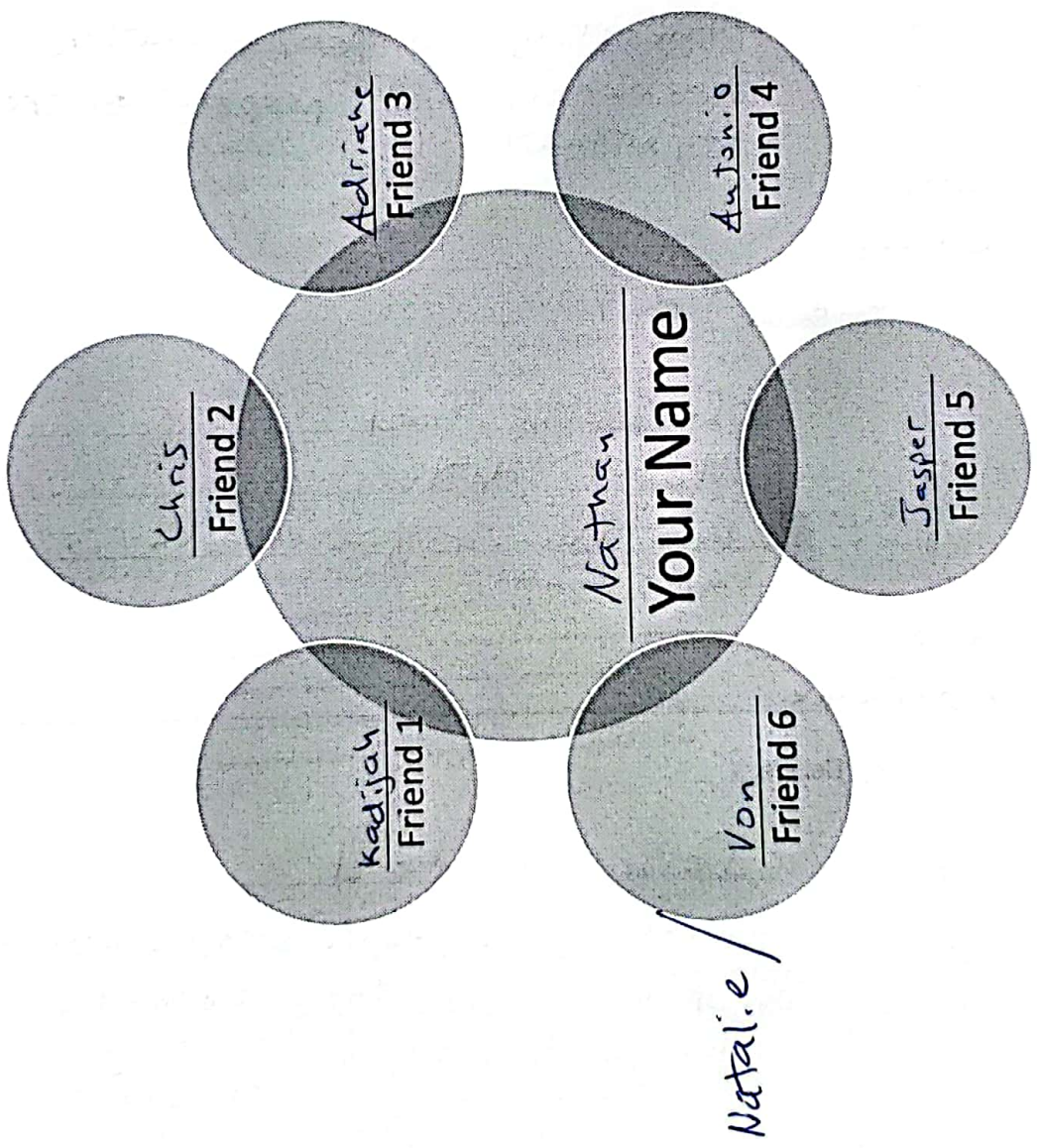
1. Rent
2. Business (social + blog)
3. Groceries
4. Tithes
5. Giving
6. Food (non grocery)
7. Shopping

2. What do your money/spending habits tell you about what you believe?

We believe in business, giving, and
meeting our needs. We can also
get more discipline in our food
consumption probably. God is
really involved in our finances



Audit of Friends:



What are the top 3 beliefs of your closest friends?

1. Name:

Kadijah

Top Beliefs:

1. Jesus is Lord
2. Investing in people matters
3. Research and preparation are important

2. Name:

Chris

Top Beliefs:

1. Jesus is Lord
2. Money Matters
3. The younger generation is important

3. Name:

Adriane

Top Beliefs:

1. Jesus is Lord
2. Investing in people (especially children)
3. Worship and the prophetic matters are important

4. Name:



Antonio

Top Beliefs:

1. Jesus is Lord
2. Family matters
3. Unity matters

5. Name:

Jasper

Top Beliefs:

1. Jesus is Lord
2. Everyone has a divine calling
3. People need to be activated!

6. Name:

Von

Natalie

Top Beliefs:

- | | | |
|----|--------------------------|-----------------------|
| 1. | <u>Jesus is Lord</u> | <u>Jesus is Lord</u> |
| 2. | <u>Prophetic matters</u> | <u>Family matters</u> |
| 3. | <u>??</u> | <u>??</u> |

What do the beliefs of your closest friends say about you?

I believe that Jesus is Lord. People
matter and they need to be invested
in



Audit Conclusion:

Do what you *think* you believe and what the audits *reveal* about what you believe lineup?

Yes, in a lot of ways

If not, why do you think there was a disconnect?

What you want to believe:

Here you simply write down what you want to believe. This may or may not include previous beliefs from the document.

Same as what I think I believe



Testing Your Beliefs

Testing Your Beliefs Directions:

The goal of this section is to help you investigate your beliefs. By examining your beliefs, you will begin to uncover assumptions you have about a belief and uncover additional information about the belief. Usually, our false beliefs are based on faulty assumptions or false information. If a belief fails the truth test, it may need to be updated or altogether abandoned.

Someone can go through these questions and still hold on to a false belief. This exercise does not prevent us from believing lies. Investigating our beliefs is a **great attempt** to help us remove our assumptions concerning our beliefs, but it's not foolproof.

Take as much time as you would like in this section. You don't have to answer all the questions, but the more you answer, the better clarity and confidence you will have about your belief. Not only that, but the more thorough you are with your answers, the more confident you will be concerning a belief.

When clarifying your beliefs, you could focus on many beliefs. When testing your beliefs, however, you generally want to focus on one belief at a time.

Questioning Your Beliefs:

1. What is it I actually believe or want to believe? (Specify the belief, use beliefs from earlier if applicable) Is this an objective or subjective belief?

Work matters / Work is important

Objective

2. Who or what source of information gave me this belief?

My dad 1st then the Bible

3. What is the historical origin of this belief? (you are encouraged to use one familiar and one unfamiliar source)

I would say the Bible ; human nature

Every aspect of human society involves

work. Work also seems to involve progress



since humans constantly progress this also
seems to suggest human nature

4. When did I start to believe this?

unintentionally before college; intentionally
after college

5. Why do I believe this or want to believe this?

We spend 40-70 hours a week (on average) a
week at work... for what? Is there a great or
grand purpose to our work? If work really
matters, I will be more motivated to do it better.

1. What about this belief makes it worth holding?

See above answer

6. Based on the data above, is this a true or false belief? If a conclusion can't be drawn or the conclusion is true, continue to the next section. Can you update the belief to make it more plausible if the belief is false?

~~If~~ This belief is true, but can be updated.
Work matters because it helps us provide for
our basic needs, but also challenges us to innovate
and work as a team.



Falsifying your beliefs:

Name any scenarios that could falsify your belief? In other words, what would prove this belief to be false?

1. Someone would have to show me that
we could have our needs met without
working ~~AND~~ that that would be good for people.
2. " " " "
we could innovate with out working
or that innovation isn't that important
" " " "
3. bringing @ people together isn't good
for society

Are any of the falsification scenarios able to be shown? In other words, can you verify the scenario that falsifies your belief? If so, explain below.

1. ~~Not~~ I have not been able to
find anything



2. " " "
3. " " "

Do Unto Others

If Applicable, would you want this belief done to you? Why or why not?

not applicable

Other test for truth:

Does this belief correspond to reality? Why or why not?

Yes ; No Work = No Food ; we see innovation everywhere



cities can only happen if people
work together

Is this belief coherent? Is it internally consistent? (For example; Married bachelors are great people. This is internally incoherent as a married bachelor doesn't exist) If not, can it be resolved?

Yes, I don't see any logical consistencies
in this belief

Is this belief practical or useful? Why or why not?

Yes; without work our physical needs
would not be met

What is my bias concerning my belief? (We ALL have a bias)

Work has always been viewed as a positive,
helpful thing in my life

What do opponents to this belief say?

I couldn't find any opponents

†

What is the best version of their arguments against this belief?

None; the best I saw was working less at a 9-5 job, but even then ~~maybe~~ they just would exchange work at one job for other kinds of work

Do their claims have any merit? Why or why not?

N/A

Do their claims disprove my belief?

N/A

What would it mean for me if my belief was incorrect?

It would mean that how I view



The world is incorrect. This would cause me to update acquiring resources, teamwork, and innovation

Would you be willing to follow the truth even if it meant abandoning your current belief and completely changing your life?

Yes

***Answering all of these questions does not guarantee that your belief is true. Keep an open mind and be willing to change your beliefs if you get better, more accurate information. ***



Investing in Your Belief:

This section is dedicated to cultivating an atmosphere where this belief can grow. By identifying what can help this belief grow and holding yourself accountable for helping this belief grow, you set yourself up to have great confidence in your belief and great corresponding behaviors to that belief.

Studying your belief:

What books, podcasts, websites, or YouTube channels can you use to help you learn more about this belief? For disciples of Jesus, what bible passages or themes can you study to help you understand your beliefs that pertain to God better?

1. Encyclopedia Britannica
2. A review Genesis 1+2
3. Listen to relevant Ted talks
4. _____
5. _____

What quotes or sayings can you memorize to help fortify this belief? For disciples of Jesus, what bible verses can you memorize to help you strengthen beliefs about God?

1. Proverbs 18:9
2. 2 Thessalonians 3:16
3. 1 Timothy 5:8
4. _____
5. _____

Would you be willing to commit weekly time to study this belief? If so, how much time and on what day(s)?

No, just sporadic time



Live It Out:

How can you live out this belief? Or, to put it another way, where can you put this belief into practice?

work with the intention to provide, innovate,
and synergize

When will you start to put it into practice?

Immediately

What would prevent you from putting this belief into practice?

A lack of intentionality/integrity.
I just need to remember WIPS =
Work is Innovation, Provision/Providing,
and Synergizing

Where can you listen to and interact with people who hold different beliefs than you?

1. Not sure... the internet?
2. _____
3. _____

1. How can I steel man opposite beliefs? (How can I deal with the strongest, clearest, most accurate version of my opponent's beliefs instead of dealing with beliefs that other people don't actually hold?)

Didn't find any opponents



If applicable, how much time will I commit to praying about improving and strengthening this belief? On what days will I pray?

~~None at the moment~~ A few moments, after I get through with this document

Clarify your doubts:

1. What lingering doubts do I have about this belief?

None at the moment

2. Who or what source of information gave you this doubt?

3. Why do I consider this doubt possible?

4. What is the historical origin of this doubt?

5. When did I start to believe this?

6. What can I do to investigate this doubt?

