

LIFE

BELIEFS

- WHAT DO YOU BELIEVE THAT LIFE IS?
- DO YOU BELIEVE THAT LIFE IS EASIER IF YOU DON'T STOP TO THINK ABOUT IT?
- DO YOU BELIEVE THAT "WE ONLY GO AROUND ONCE SO GRAB FOR ALL YOU CAN"?
- DO YOU HAVE A PHILOSOPHY OF LIFE THAT GUIDES YOU?
- HOW MUCH CONTROL DO YOU BELIEVE YOU HAVE OVER YOUR LIFE?
- WHAT DO YOU BELIEVE IS THE PURPOSE AND MEANING OF LIFE?
- DO YOU BELIEVE THAT LIFE IS A COURSE AND OUR MISTAKES ARE THE LESSONS WE ARE LEARNING?
- WHICH DO YOU BELIEVE TO BE MORE IMPORTANT?- DOING OR BEING?
- DO YOU BELIEVE THAT LIFE IS MORE A JOURNEY OR A DESTINATION?
- DO YOU BELIEVE THAT THE WORLD IS A SOURCE OF TEMPTATION AND CORRUPTION TO BE AVOIDED AT ALL COST?
- DO YOU BELIEVE THAT TODAY IS REALLY THE ONLY DAY YOU HAVE?
- DO YOU BELIEVE THAT HERE AND NOW IS ALL THAT IS REAL?
- DO YOU BELIEVE THAT THE WORLD IS MORE A PLACE OF PERMANENCE OR PASSAGE?
- DO YOU BELIEVE THAT LIFE AND THE WORLD ARE MORE TO BE SHARED OR POSSESSED?
- DO YOU BELIEVE THAT THIS LIFE IS MORE TO BE ENJOYED OR REJECTED?
- DO YOU BELIEVE THAT THIS WORLD IS MORE BEAUTIFULLY DIVERSE OR DREARILY REPETITIVE?
- DO YOU BELIEVE THAT LIFE AND THE WORLD IS NOT TO BE ENJOYED TOO MUCH OR ELSE YOU BECOME TOO ATTACHED AND LOSE YOUR SENSE OF DIRECTION?
- DO YOU BELIEVE THAT YOU SHOULD TAKE AS MUCH AS YOU CAN FROM THIS WORLD OR ELSE SOMEONE ELSE WILL AND USE IT AGAINST YOU?
- DO YOU BELIEVE THAT YOU WERE DESTINED TO LIVE THE LIFE YOU ARE LIVING?
- DO YOU BELIEVE THAT LIFE IS MORE OF AN ADVENTURE OR AN ENDURANCE CONTEST?
- DO YOU BELIEVE THAT LIFE IS MORE IN YOUR HANDS OR PREDETERMINED?
- DO YOU BELIEVE THAT LIFE IS MORE OF AN EDUCATION OR AN ILLUSION?
- DO YOU BELIEVE THAT THE SUCCESSFULLY LIVED LIFE IS MORE DETERMINED BY SPIRITUAL OR MATERIAL ATTAINMENT?
- DO YOU BELIEVE THAT LIFE IS ENRICHED OR DIMINISHED BY HUMAN SUFFERING?
- DO YOU BELIEVE THAT LIFE IS MORE FOR GROWING OR SURVIVING?
- DO YOU BELIEVE THAT LIFE IS MORE OF A BEAUTIFUL GIFT OR A DISTRACTING EVIL?
- DO YOU BELIEVE THAT LIFE IN THIS WORLD IS MORE LIKELY PART OF A BIGGER PICTURE OR ALL THAT THERE IS?
- DO YOU BELIEVE THAT WHAT IS REALLY HAPPENING IS BIGGER THAN WHAT YOU THINK OR FEEL IS HAPPENING?
- DO YOU BELIEVE THAT WHAT IS REAL IS UNFOLDING ONE MOMENT AT A TIME?
- DO YOU BELIEVE THAT LIFE IS MORE EXCITING OR BORING?
- DO YOU BELIEVE THAT LIFE IS MEANINGFUL OR MEANINGLESS?
- DO YOU BELIEVE THAT LIFE IS SATISFYING OR UNSATISFYING?
- DO YOU BELIEVE THAT LIFE IS TOO LONG OR TOO SHORT?
- DO YOU BELIEVE THAT LIFE IS MORE BEAUTIFUL OR UGLY?
- DO YOU BELIEVE THAT LIFE IS MORE CHALLENGING OR DEFEATING?
- DO YOU BELIEVE THAT WHAT WE MAKE OUT OF LIFE IS UP TO US?
- DO YOU BELIEVE THAT THE PAST DOES NOT EQUAL THE FUTURE?
- HOW DO YOU BELIEVE LIFE CAME INTO BEING?
- WHAT ARE SEVERAL NEW BELIEFS THAT WOULD IMPROVE THE QUALITY OF YOUR LIFE?

EXPERIENCES

- HOW ALIVE ARE YOU IN THE PRESENT MOMENT?
- DO YOU FEEL YOU SEIZE EVERY MOMENT AND LIVE IT FULLY?
- DO YOU LIVE APPRECIATING EACH TODAY AS IF THERE WERE NO TOMORROW?