

Page 1 of a belief worksheet to support the book *Faith to Practice: Foundations of Happiness* by David Gaia Kano, available as a free download from: <http://oceanofspirit.org/faithtopractice/beliefworksheet.pdf>

Information and a link to where to buy the book is at <http://oceanofspirit.org/faithtopractice>

What You Do and Beliefs that Support Those Activities

Use this column to list: Activities you do the most (your 'work'). Activities you do often. Things you love to do. Practices you know would help improve your life, that you don't often do.	Use this column to explain why you do (or should do) each activity at the level of a belief.

Make as many copies of this first page as you need to continue your list.

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Going Deeper into Our Beliefs

Pick one or more beliefs from page 1 and ask “Why do I believe that?” to find the next level of belief. If it is a fear based belief, explain why you have that fear, not the thing you are afraid of. Then ask yourself why you believe that again and again as far and deep as you can go until you reach your heart felt, foundational belief (or fear).

1) Belief from page 1: _____

I believe this because 2: _____

I believe (2) because 3: _____

Repeat

Make as many copies of this second page as you need to continue go deep into each of the beliefs from the first page.