



INTRODUCTION

Beliefs are very important for many different reasons. It is because of our various beliefs and much broader belief systems that we do the various things that we do in life, no matter what that something may be, there are always a bundle of beliefs behind any course of action, or essentially many different reasons as to why we even chose to do the things that we do in the first place. For example, I'm writing this essay now because I believe that it will stand to benefit a very many people in the future days to come, and that belief of mine makes me feel good inside, it fills me with passion and ambition, which acts as the fuel, or force, or energy, that allows me to move forward into taking the initial action of actually writing this essay all the way out to the very end of its conclusion, and to the best of my ability at that. That my friends is what you would call motivation, and all that motivating power stems from a single belief, or essentially a conviction that I have chosen to hold onto dearly based on my past experiences in life. However, beliefs can be just as disempowering as they are empowering, and that is why it is very important that we should become mindful of a few things in regard to beliefs in general. Hopefully by the end of this lesson we will have a better understanding of what exactly a belief even is, how they come to be formed within our own minds, and how these beliefs then go on to create feelings inside ourselves, which then inspire us to take further action in many different ways of speech and body. By the end of our conclusion, I hope that you will begin to earnestly (and honestly) start questioning your very own personal beliefs about yourself, other people, and about the world at large, as well as your relationship to it, seriously challenging them in order to see if they are even worth while holding on to, or if perhaps a change of mind might be in order.

WHAT DOES THE WORD "BELIEF" MEAN TO YOU?

WHY ARE BELIEFS SO IMPORTANT?



EXPLAIN HOW BELIEFS CAN BECOME A PROBLEM FOR US IN LIFE.

EXPLAIN HOW BELIEFS CAN BECOME A SOLUTION FOR US IN LIFE.

HOW ARE BELIEFS FORMED WITHIN OUR OWN MINDS?



ONE [-] NEGATIVE BELIEF I HOLD ABOUT MYSELF IS?

THAT [-] BELIEF AFFECTS ME, OTHERS, AND MY ENVIRONMENT HOW?

ONE [+] POSITIVE BELIEF I HOLD ABOUT MYSELF IS?

THAT [+] BELIEF AFFECTS ME, OTHERS, AND MY ENVIRONMENT HOW?

ONE [-] NEGATIVE BELIEF I HOLD ABOUT OTHERS IS?

THAT [-] BELIEF AFFECTS ME, OTHERS, AND MY ENVIRONMENT HOW?



ONE [+] POSITIVE BELIEF I HOLD ABOUT OTHERS IS?

THAT [+] BELIEF AFFECTS ME, OTHERS, AND MY ENVIRONMENT HOW?

ONE [-] NEGATIVE BELIEF I HOLD ABOUT MY ENVIRONMENT IS?

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ONE [+] POSITIVE BELIEF I HOLD ABOUT MY ENVIRONMENT IS?

THAT [+] BELIEF AFFECTS ME, OTHERS, AND MY ENVIRONMENT HOW?

WHAT ARE THE THREE GENERAL WAYS THAT WE COME TO KNOW ANYTHING AT ALL?

CAN WE RELY ON OUR FIVE SENCES OF PERCEPTION TO ALWAYS TELL US THE TRUTH ABOUT WHATEVER IT IS WE ARE EXPERIENCING IN REALITY? AND WHY?

CAN WE RELY ON OUR MEMORIES TO ALWAYS REMEMBER THAT WHICH WE EXPERIENCE ALL THE TIME? AND WHY?

CAN WE RELY ON THE TESTIMONIES OF OTHER PEOPLE TO ALWAYS TELL US THAT WHICH WE WANT TO KNOW FOR CERTAIN? AND WHY?

HOW DO FACTS TURN INTO OPINIONS?

HOW DO OPINIONS BECOME OUR BELIEFS?

HOW DO BELIEFS BUILT BY OPINIONS AFFECT OUR LIVES?

WHAT NEGATIVE BELIEFS FROM THE PAST (PERTAINING TO SELF, OTHERS, AND ENVIRONMENT) DO YOU THINK ARE STILL AFFECTING YOU TODAY?

HOW CAN WE TEST THOSE BELIEFS TO SEE IF THEY ARE REALLY BASED ON FACTS INSTEAD OF MERE OPINIONS?
