

EXERCISE: YOUR COSMIC MAP

The following questions can help you identify what you believe about life and how things work. Identify your basic belief and then how it informs how you respond to difficult times (if at all).

	<i>Basic Belief</i>	<i>How This Belief Affects How I Handle Challenges</i>
Who/what organized the universe (God, nature, etc.)?		
Why did they/it organize it? What is the purpose of life?		
How do you believe human life fits into the universe? Is there anything beyond this life?		
Do our actions in this life affect anything that comes after? How? Why?		
Do we have responsibilities in this life to something larger than ourselves? How? Why?		
Why do bad things happen to good people?		
Are there any sayings or principles that guide your life choices (e.g., Golden Rule, follow your heart, etc.)?		