

## Stuff to do for Week Two

- Learn your beliefs, both the unhealthy and the healthy. Memorise them so well that, if someone were to ask you what they were, you could repeat them, pretty much word for word, without looking at what you have written
- Before you start the chapter on Week Three next week, just answer the following reflective questions:

## Reflective questions

1. What is this chapter about?
2. Can you relate the beliefs that you have identified to any other areas of your life?
3. Have you had any insights, or 'light bulb' moments as a result of reading through this chapter, learning your beliefs, and reflecting on what other areas they may relate to over this past week?