Date: _____

WHAT COME YOU HERE TO DO?

Chapter 2 — Beliefs

> *"The unexamined life is not worth living."*
> Plato, *Apology* 38a

Where did you get yours?

1. Trace a belief you found while racing your phone back to its origin.

2. Run it through the four questions — cause, effect, result, consequence — and decide whether it's still valid, and how it shapes others' perception of you.

BONUS

What do your past and future selves think of how it did or will shape perceptions?