



**BEGINNING LEVEL EXERCISE: BELIEF SYSTEMS**

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In this exercise, I invite you to write about your relationship with something in your life that has infinite capacity—however you define that (nature, higher power, science, Universe, Infinite One, Creator, God, Divine, Jesus, Vishnu, Shiva, Source, Buddha, Allah, Adonai, Yahweh, etc.). All relationships desire to be tended to regularly. Your relationship with your Source is no different.

**Ask yourself:**

What ways does this/these relationship(s) support you?

How do you regularly stay connected to this relationship?

How do you lean on this relationship when things are challenging?

How do you show appreciation for this relationship when you are flourishing?

Is there anything you would like to do differently to cultivate more from this relationship?