



THE HIGH FIVE LIFE **FAITH** PUT YOUR BELIEFS TO WORK



THE BIG QUESTION: What do your choices say you believe?



YOUR MISSION: Examine a belief. Choose a way to live it.

1 NAME IT



What belief or value do I want to take more seriously? Why does it matter to me?

2 LOOK AT REAL LIFE



Where did my choices reflect that belief this week? Where did they pull another way?

3 QUESTION THE STORY



What assumption keeps me from acting? What evidence supports it, and what might I be missing?

4 CONNECT THE REASON



Who or what would benefit if I lived this belief more consistently?

5 MAKE ROOM



What pressure could get in the way? What smaller action would still be honest?

PUT IT INTO PRACTICE



A CHOICE

Let a value shape one decision.



A CONVERSATION

Listen, ask, or say something honestly.



A SMALL ACT

Give a belief something concrete to do.

6 NOTICE WHAT CHANGES

After I act, what will I look for? What would make me reconsider my approach?



ONE MORE THOUGHT

Where would living this belief make a difference in an ordinary week?

MY NEXT STEP

One specific action I choose:

When:





Choose one belief you are willing to practice.

