

# Refuges & Faith – worksheet

REFUGES	
<p><b>Practical priorities</b></p> <p>Where does your time, money &amp; energy tend to go?</p>	
<p><b>“Existential” security</b></p> <p>In which situations do you feel most confident? And least confident? Where does your mind go when it's idling? What sort of fantasies do you have? What sort of things are you anxious about?</p>	
<p><b>Commitment</b></p> <p>What is the bottom line of things you feel committed to, things that aren't negotiable? Things that you feel are essential to who you are or what's meaningful in life?</p>	
FAITH	
<p>What do you really believe? What are you really confident about? (best stick to truths about life &amp; growth)</p>	
<p>Are there any doubts about the Dharma? “I couldn't be a Buddhist because...” Anything that holds you back from engaging more fully?</p>	