

My worldview

To help you start to work out your own worldview, use this human outline.

1. Begin on the inner human. In each section, write one idea or belief that is most important to you.
2. Next to each idea or belief, write how you came to think it is important. Write these in the spaces on the middle human.
3. On the outer human, write whether each of the ideas or beliefs affects your behaviour. If an idea or belief changes the way that you behave, explain how.

