



Be - Do - Have Worksheet

Name: _____ Date: _____ Worksheet #: _____

PERSON "BEING" OUTER DIRECTED

Belief: _____

DO ~ List some ways you "DO" your belief

1. e.g.: I interpret situations to reinforce my belief
2. _____
3. _____
4. _____

HAVE ~ Write a statement of what you "HAVE" in your life based on the above belief.

BE ~ Based on the above "DOING" AND "HAVING" I'm left "BEING" (restate belief above):

PERSON "BEING" POWERFUL

BE: _____

DO ~ List some ways you "DO" your being

1. e.g.: I interpret situations to reinforce my belief
2. _____
3. _____
4. _____

HAVE ~ Write a statement of what you "HAVE" in your life based on the above "BEING."

BE - DO - HAVE Statement:
