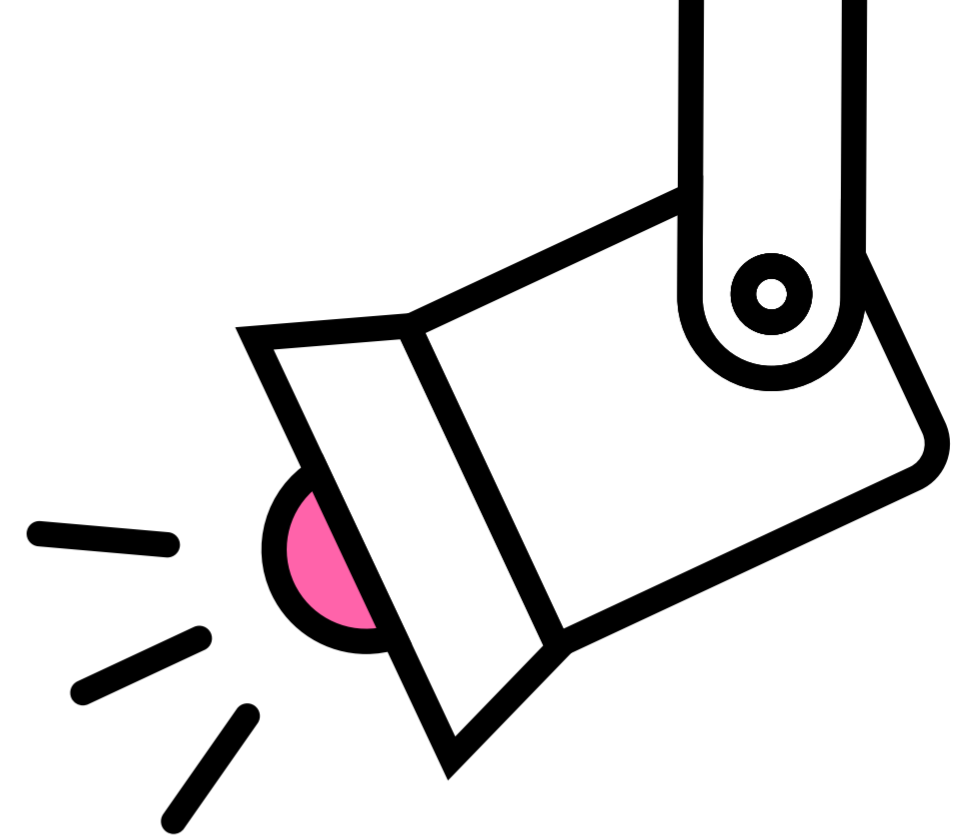


SPOTLIGHT POINT:

Thinking more about the importance of your personal belief system



Not all your personal beliefs will be held with the same degree of certitude, and there are those core beliefs in your life that are more influential to the development of your sense of self

A belief system is the culmination of your own knowledge, experiences, and precepts which are used to define your sense of reality and to make sense of the world around you

Your family, friends, and community play a major role in shaping your personal belief system

Your personal beliefs help you to define your core values, which are the basis for your attitudes and ultimately your general behaviour