**Your Truth Exercise**

What do you really believe?

Few people have truly thought long and hard about what they believe and then oriented their life around their beliefs. But when you do this, you’ll have an unusual level of clarity that will make running your business and living your life so much easier.

To complete the exercise, answer the following question: *What I know to be true is…* Your response could be a combination of business truths and life truths. Then after your response, add the word “because” and then type in your response.

For example, “What I know to be true is all clients can benefit from having an updated financial plan because I’ve seen example after example of how having a financial plan can improve people’s financial outcomes.”

Do this 15 times in the space provided.

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| 1. What I know to be true is: | Because: |
| 2. What I know to be true is: | Because: |
| 3. What I know to be true is: | Because: |
| 4. What I know to be true is: | Because: |
| 5. What I know to be true is: | Because: |
| 6. What I know to be true is: | Because: |
| 7. What I know to be true is: | Because: |
| 8. What I know to be true is: | Because: |
| 9. What I know to be true is: | Because: |
| 10. What I know to be true is: | Because: |
| 11. What I know to be true is: | Because: |
| 12. What I know to be true is: | Because: |
| 13. What I know to be true is: | Because: |
| 14. What I know to be true is: | Because: |
| 15. What I know to be true is: | Because: |