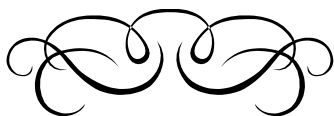


The Belief Test



Questions to Ask
Yourself on the
Journey of Life.



Kate Chaplin

Karmic Courage Press * Indiana

This book is dedicated to
Sujey Lozano

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First Edition

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Introduction

Fifteen years ago I found myself at a crossroads (one of the many crossroads that I have come upon in life). I had parents, teachers, friends, relatives and even the media telling me who I am and what I should believe. I was an amalgamation of other people's ideals and struggled to separate who I was from who they were. So I started asking myself the hard questions. I began with ten questions and the list grew over time.

The more people I met in my life, the more I found many were in the same boat. From time to time I would sit down with some good friends and answer the questions I had collected. I found that not only had my answers changed as I experienced life, but by asking myself these questions I rebuilt and reconfirmed my foundation of beliefs.

Ask yourself the questions in this book. Write down your answers and date them.

Come back after certain milestones in your life and see what answers have changed.

Ask yourself not only the question but WHY you answer the way you do. Are you influenced by someone or something? Is your answer what you know in your heart or is your answer what you think others want to hear?

If you come across a question that you need to stop and think about, notate it and come back to it later. Not all of these questions are meant to be rushed through.

Use these questions to start a dialogue with yourself and others. Get to know someone better. Have fun. Learn about yourself and the people you share this world with.

These questions can help you find your path, but it is you who must do all the walking.

I wish you well on your journey.

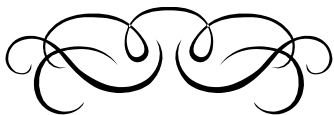
Kate Chaplin

May 10, 2006



50 Quick Questions

Before running a marathon it's good to stretch. Before getting into the deeper questions here is a little warm up.



Do you prefer...

~1~

Dogs or cats?

~2~

Coke or Pepsi?

~3~

Soup or salad?

~4~

Paper or plastic?

~5~

Cash or credit?

~6~

Eat in or take out?

~7~

Coffee or tea?

~8~

Country or rock 'n' roll?

~9~

Apples or oranges?

~10~

Ice cream or yogurt?

~11~

Army or Navy?

~12~

David Letterman or Jay
Leno?

~13~

Elvis or Beatles?

~14~

Janet Jackson or Michael
Jackson?

~15~

Boxers or briefs?

~16~

Bikini or one piece?

~17~

PC or MAC?

~18~

Gold or silver?

~19~

Disney or Sesame Street?

~20~

Roses or daises?

~21~

Necktie or bowtie?

~22~

Black and white or color?

~23~

Stairs or escalator?

~24~

Laptop or desktop?

~25~

Plain or Peanut M&M's?

~26~

Oscars or Emmys?

~27~

Paintings or photographs?

~28~

Los Angeles or New York?

~29~

Flintstones or Jetsons?

~30~

Books or movies?

~31~

A beautiful swan or an ugly
duckling?

~32~

Thanksgiving or Christmas?

~33~

Sunset or sunrise?

~34~

Letter or email?

~35~

Beach house or county
house?

~36~

Star Trek or Star Wars?

~37~

Late or early?

~38~

Morning or night?

~39~

Dumper or dumpee?

~40~

Friends or family?

~41~

Overdressed or underdressed?

~42~

Top or bottom?

~43~

Organization or chaos?

~44~

Leading or following?

~45~

Talking or listening?

~46~

Wing it or practice?

~47~

Individual or team?

~48~

Youth or wisdom?

~49~

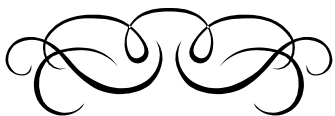
Wealth or happiness?

~50~

Buried or cremated?



What do you
believe about
LIFE?



~51~

What TV show best
represents your life?

~52~

Did you ever cheat in school?

~53~

Do you buy lottery tickets?
Gamble?

~54~

Have you ever shoplifted?

~55~

Have you ever walked out of
a movie?

~56~

What item, large or small, has
paid for itself many times
over?

~57~

What is the stupidest thing
you have ever done?

~58~

Do you believe in being
adventurous or playing it
safe?

~59~

What is worth standing in a
long line?

~60~

What is one restaurant you
couldn't live without?

~61~

If you auditioned for
American Idol what song
would you sing?

~62~

Could you survive being
marooned on a desert island?

~63~

Would you ever get a tattoo?
If so, what would the design
be and where would you put
it?

~64~

Do you want to be rich and
famous?

~65~

If you could live anywhere in
the world where would it be?

~66~

If you could know one fact
about your future what would
it be?

~67~

What is your favorite month
of the year?

~68~

What actor would you cast in
a movie about your life?