

Self-Discovery

Here are some questions from the Belief Assessment Interview. This interview is only intended for a person who meets the self-description in the [“What is Get Help Get Active?”](#) panel.

- What is the difference between low self-exertion, reasonable self-exertion and workaholism?
- How does my habit of low self-exertion affect my daily activities?
- What is regret? Is it appropriate at this point in my life? Are there some types of regret that are healthy & some types that are unhealthy?
- Is pain sometimes a good thing? Does pain sometimes give us healthy feedback?
- If I had been only reasonably industrious over the last decade, then how would my life be different today?
- Let me think about some people in my community or family that are not affected by a habit of low self-exertion. How are they different from me?
- How much money did I make in the last one year, 5 years and 10 years? How much money might I have made if I had only been reasonably diligent?
- Is America the “Land of Opportunity?” If my answer is “Yes”, then why am I poor in the Land of Opportunity? If my answer is “No”, then why do so many people want to come to the United States?
- Human bodies have many different physical systems. Do we also have a non-physical “belief system?”
- Our physical systems can be affected by disease. Can our belief system also suffer from a disease?