Figure 39. Bottom Line Worksheet

My Old Bottom Line: 'I am _____'

	Belief (%)	Emotions (0–100)
When the Old Bottom Line is most convincing:		
When the Old Bottom Line is least convincing:		
When I started the book:		

My New Bottom Line: 'I am _____'

	Belief (%)	Emotions (0–100)
When the New Bottom Line is most convincing:		
When the New Bottom Line is least convincing:		
When I started the book:		

'Evidence' supporting the Old Bottom Line and How I Now Understand it :

'Evidence'	New understanding

In the light of this new understanding, I now believe my Old Bottom Line: _____ %

In the light of this new understanding, I now believe my New Bottom Line: _____ %

Evidence (past and present) which supports my New Bottom Line:

In the light of this new understanding, I now believe my Old Bottom Line: _____ %

In the light of this new understanding, I now believe my New Bottom Line: _____ %

Observation. Information and experiences I need to be alert to, in order to gather more evidence to support my New Bottom Line:

Experiments. Specific things I need to do, in order to gather more evidence to support my New Bottom Line: