

# Why and why not?

*Reasons why you CANNOT  
do what you love*

*It is NOT TRUE because ...*

- ☑ Use your notes from “Ask yourself” or “Think in many boxes”
- ☑ Use the template on the right or draw your own
- ☑ First, answer the question on the left. Give as many arguments as possible
- ☑ Move to the right side. For each argument on the left, write down at least one statement or action that dismisses it
- ★ For the last part of this exercise, it is best to involve a friend, family or someone who’s opinion you value.