

Free Just for You

This Venn Diagram template is for you to print and use for yourself. I created it for my Doing vs Being workshops. Chapter 21 in Living Hope – Steps to Leaving Suffering Behind has one like it that I filled out while demonstrating in workshops. In the workshops I would share an example and as a group we would discuss what is the state of Being and what is Doing. It does vary from one person to the next.

To create your own: fill out the three columns as they apply to your life, then you might want to consider would it serve you to have more Being in life or more Being with Doing. If so, set a personal goal to increase either the Being column or the Being with Doing column. Revisit this in three or six months and see what the next step is for you.

A Human Doing or A Human Being

