

# How should we talk about our beliefs?

## 1 Relax

Everyone has their own ideas and beliefs. Celebrate who you are.

## 2 Tell your story

What we think and believe comes from our experience. Don't be afraid to talk about yourself.

## 3 Be curious

Just like you, everyone's story is unique. Be open to what others say and ask questions.

## 4 Find common ground

Even though we're different, we have a lot in common. Look for the similarities in others.

## 5

## Change your mind

It's okay to change what you think. Let new experiences affect how you see the world.

