

These worksheets will require time and careful thought. If you are not quite ready to tackle this, you may want to take a simpler quiz instead. Here are two quizzes to check out:

Impact 360's quiz: <https://www.impact360institute.org/worldviewquiz/>

Summit ministries quiz: <https://www.summit.org/individual-worldview-checkup/>

ADULT WORLDVIEW WORKSHEET

For Parents and Older Children to Clarify Their Beliefs

This worksheet is designed to help you (and potentially your older teen or young adult child) articulate what you actually believe and *why*. Sometimes putting your worldview on paper helps you see it more clearly—both its strengths and its gaps.

Instructions: Answer these questions honestly, without filtering. There's no "right" answer here—the goal is clarity. If you're doing this with an older child or young adult, you might each complete it separately and then discuss your answers.

Section 1: Core Beliefs About God and Truth

1. **What do I believe about God?** (Is He real? What is He like? Is He good? Active in the world?)
2. **How do I know what's true?** (What sources do I trust? Scripture? Reason? Experience? Science? My feelings? A combination?)
3. **What is the source of my core beliefs?** (My family? My church? My own study? My experiences? My culture?)

4. **Have my beliefs changed significantly?** If so, what caused that change?

Section 2: Views on Key Issues

Choose 2-3 of the issues below that feel most important to you right now, and answer the questions for each:

Issue: _____

- What do I believe about this?
- Why do I believe this?
- Where did I learn this belief?
- What evidence or reasoning supports this?
- Have I genuinely engaged with thoughtful people who disagree? What did I learn?
- What would have to change for me to believe differently?
- How central is this belief to my overall worldview?

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Section 3: Examining Your Worldview

1. **What makes me feel morally superior to people who disagree with me?** (Be honest. We all have moments of this.)
2. **What questions do I avoid asking myself?** (What topics make me defensive?)
3. **Where am I most certain, and where am I most uncertain?**
4. **If my political tribe believed differently, would I?** (What does this tell you?)
5. **What do I believe primarily because my community believes it?** (Not as a judgment—this is true for all of us—but as awareness.)

Section 4: Reflection

- 1. If I had to explain my worldview to someone who believes completely differently, what would I say?**
- 2. What are the strongest objections to my worldview, and how do I respond to them?**
- 3. Where do I see God working in my life and in the world?**
- 4. What do I hope my children/grandchildren will believe, and why?**

KID-FRIENDLY WORLDVIEW WORKSHEET

For Parents to Use with Elementary Through Middle School Children

This worksheet uses simpler language and shorter prompts to help younger kids think about what they believe and why. You can do this together as a family conversation, or your child can fill it out and then you talk about their answers.

Instructions for Parents: Read each question aloud (or have your child read it). Don't push for "right" answers. Listen to what they say. Ask follow-up questions like "Why do you think that?" or "Where did you learn that?" The goal is to help them think about their own beliefs, not to convince them to believe what you believe.

Section 1: What Do You Believe?

1. **Do you think God is real?** Why or why not?
2. **What do you think God is like?** (Is He kind? Strong? Fair? Funny? Something else?)
3. **When you're not sure if something is true, how do you figure it out?** (Do you ask a grown-up? Read about it? Ask your friends? Think about it?)
4. **Who do you trust to tell you the truth?** (Parents? Teachers? Friends? YouTube? The Bible?)

Section 2: Thinking About Ideas

Think of something you believe that you learned from:

- Your family
- Your school
- Your friends
- Something you saw online or on TV

Question 1: What is the belief?

Question 2: Why do you believe it?

Question 3: Has anyone told you something different? What did they say?

Question 4: Do you think both could be true, or do you think one is right and one is wrong?

Section 3: Questions About You

1. **What makes you feel like you belong?** (Your family? Your school? Your church? Your sports team? Your friends?)
2. **If someone told you that you had to believe something to belong to a group, how would that make you feel?**
3. **If your best friend believed something very different from you, would you still be friends?** Why or why not?
4. **What do you want to be true?** (This is different from what *is* true—but it's good to notice when we want something to be true.)

Section 4: Thinking It Through

1. **Is there something you believe that you've never really thought about why?** (Just noticed, not judged.)
2. **What's something you used to believe that you don't believe anymore?** What made you change your mind?
3. **What do you want to believe when you grow up?** Why?