5 Lessons for a Happy Life — My Notes

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Read each lesson. Write one honest answer. Short is fine.

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1. Don't Get Lost in the Word Forest

Where am I getting lost in words right now?

2. Don't Lock Your Creativity Away

One creative thing I've locked away:

3. Don't Carry Other People's Bags

Whose bags am I carrying?

4. Don't Dig Holes With the Assumption Shovel

What assumption am I digging with?

5. Don't Let the Animal Keep Score. Let Goodness Be Your Guide.

Where is the animal keeping score — and what would goodness do instead?