



CHIPPING AWAY

It's often difficult for us to grow less attached to worldly rewards. Use this exercise to chip away at those attachments, which will help you to become happier.

List the ways you wish you were different in your life.

Why do you want these things? What is your end goal?

Are you proud of these end goals, these motives?

Now imagine you had these things. How much happier would you be? Connect your happiness to your motives. (For most people, these are worldly rewards—money, power, pleasure, fame.)

What would you be willing to give up in order to have these things? For example, would you be willing to give up relationships for more money?

Which make you a better, more virtuous version of yourself? Which make you a different person? Or even a worse person?

How are you going to chip away at your attachment to these worldly things? What can you do today?
