



To Be a Better Person, You Need to Understand This

This worksheet will encourage you to define what a "good", or better, person is and create some action steps that will empower you to personify your definition.

Would you call yourself a do-gooder? If not, can you think of someone who is?

Now, think of an action that either you or the person you're thinking of took in the name of helping someone else?

What were the results of this action? Did it actually "help" the person/people it was intended to help?



In what ways might this action have done more harm than good?



Now, based on what you've learned about what being a "good" person means, what would a good person have done in this situation?



What "function" would this course of action serve?



Can you find the Golden Mean in this situation?



With all of the preceding thoughts in mind, how would you define a "good" person?



With your definition of a good person in mind, what sins do you need to confess so that you can move past them and get closer to personifying this definition?

Name some people who personify your definition of "good". What traits of theirs would you like to emulate?

What are some daily habits you can create to get closer to your vision of a "good" person?



Now, all you have to do is practice, practice, practice!

No, it won't be easy, but that's what makes it worth doing.

Reach out if I can offer any other inspiration, advice, or encouragement.

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