

To Be a Better Person, You Need to Understand This

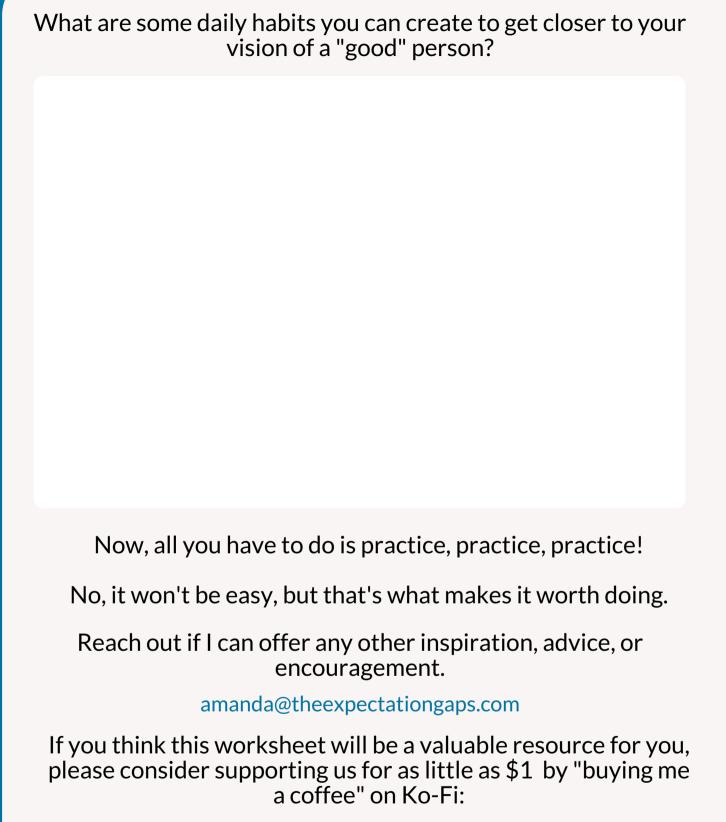
This worksheet will encourage you to define what a "good", or better, person is and create some action steps that will empower you to personify your definition.

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?



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