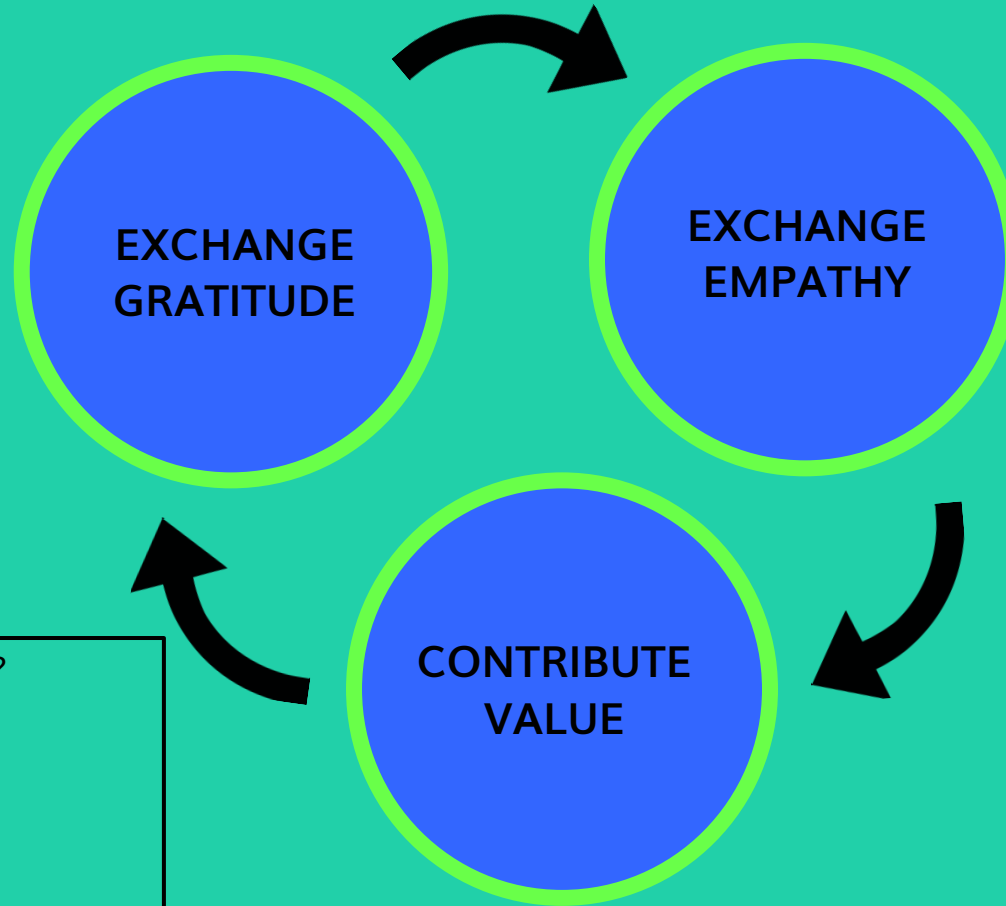


How and where can you make the exchange of gratitude a regular practice in your life as you incorporate the mentioned elements?



How and where can you experience more empathy in your life as you follow the mentioned guidelines?

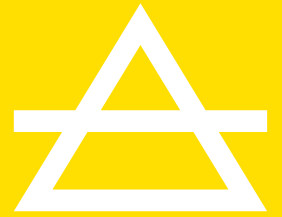
How can you contribute value to yourself?

How can you contribute value to others?

How can you contribute value to your environment?

How can you leave this world in a better condition than you found it?

The purpose of this step is to incorporate more meaningful elements into your life experience. To give yourself the opportunities to perceive more of your environment and broaden your spectrum of interest. This will help you build a bigger and more accurate map of reality.



You can do this in the following ways:

- Explore opportunities to meet new people
- Expose yourself to new environments like interest groups, hobbies, or activities
- Read books on topics that fall outside your normal scope of interest
- Do something that is outside of your comfort zone
- Go on an adventure
- Set goals

Which of the above-mentioned examples can and will you start doing immediately?

How can you practice living more in the present and having a non-judgmental outlook?



**KEEP
PRACTISING**