

Take Home Lessons from Today 11-7-23

- 1) Shut your eyes and think of a picture taken of you when you were half of your present age. Describe yourself. Pay close attention to how you perceived your happiness back then, and what were the major influences there.
- 2) Describe important decisions you made between then and now that have influenced your overall happiness levels.
- 3) What resonated with you the most about Wes Travers' story?