



*Chapter 10*

MY FRIEND

1.

*What does “trying to be a better person” look like to you?*

2.

*How do you feel about your human family overall?*

3.

*How might things change if you initially approached everyone you meet as a friend?*

*Can you give this a try and note your experience?*

*How did your outlook on people, life and yourself change? What came up for you?*

4.

*Do you see yourself as a vital part of life?*

*In what way are you a part of life? In what way is everyone a part of life?*

*In what way is everything a part of life?*