
Meditations Summary PDF Cheatsheet — GrowthSummary.com

- ? 1. Discipline Your Inner Self: Be a wise parent to your impulsive ‘inner teenager’ to live a good life**
- ? 2. Remember death: Thinking about our mortality helps you stop worrying about what people think and prioritize what truly matters**
- ? 3. Choose Your Interpretation: Choose always to interpret what happens to you as beneficial in some way**
- ? 4. Higher Purpose: Believe everything happens for a higher reason to find strength during tough times**
- ? 5. Accept Imperfections: Recognize that other people cannot help being imperfect and tolerate their inevitable flaws**
- ?? 6. Embrace Obstacles: Challenges are opportunities to develop your inner resilience and strength**
- ? 7. Raw Perspective: See life with fresh eyes by describing the raw materials and basic components of everything**
- ? 8. Live in the Present: Think less about past and future to fully experience life, which only occurs in the present**

This is just a sample!

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