

Quotes

The life that is unexamined is not worth living

Plato

Whosoever knows others is clever

Whosoever knows oneself is wise

Whosoever conquers others has force

Whosoever conquers oneself is strong

Lao-Tzu

Your attitude determines your altitude.

Stephen Covey

Quiet-Time & Reflection Worksheet

Name of Activity

Cost of Activity





Location of Activity

Description of Activity

List three ways this activity helps you to be a better person:

- 1.
- 2.
- 3.

Quiet-Time & Reflection Worksheet Sample

	Name of Activity <i>Take a long walk in park</i>	
Cost of Activity <i>No cost. Need good shoes</i>		Location of Activity <i>Near my neighborhood, at the park or in open fields</i>
Description of Activity <i>I like to walk by myself where I feel safe. As I walk, I listen to the birds and other noises. I look at the clouds and the landscape or the buildings around me. I think about things I've done or not done and how I will do better.</i>		
		

List three ways this activity helps you to be a better person:

1. *I spend time by myself.*
2. *I have time to think about doing things better.*
3. *I am in the fresh air and I feel free.*