

Perfectly Yourself: Discovering God's Dream for You

by Matthew Kelly

Discussion Guide

Are you making progress? This idea of being gentle with ourselves and the role of progress collided powerfully for me one summer...(p.7) Celebrate your progress. (p.22)

Why might there be a collision? Do I celebrate my progress?

Perfectly imperfect. If we are to be happy, it will be as ourselves. Pleasure cannot be sustained...happiness can be sustained. (p.41) Just do the next right thing. (p.50)

Looking to the future. The truth is this: we are not the center of the universe, and when we try to place ourselves there, we set ourselves up for disappointment and frustration. (p.69) Put character first. (p.74)

Why pick a virtue? Honesty, patience, moderation, kindness, humility, courage...

86,400 Hours. The primary meaning, purpose, and value of work is that when we work hard and well, when we pay attention to the details of our work...we develop...perseverance and fortitude...patience and responsibility. (p.85) Find what you love to do. (p.96)

What do you believe? The ability to believe is part of what makes us human. (p.101) Live what you believe. (p.115)

Am I being honest about my beliefs?

Beyond instant gratification. Self-control is always accompanied by awareness. (p.124) Discipline makes us free. (p.139)

Unburden yourself. Our lives often become complicated because we overwhelm our schedules by saying yes to everyone and everything. (p.148) Simplify. (p.160)

Do I say no?

What is your mission? So if stage one is survival and stage two is independence, effectiveness and thriving are actually stage four. ... Stage three is mission. (p.168) Focus on what you are here to give. (p.185)

Why worry? Suffering is unavoidable. It is part of life. We do not need to go seeking it. (p.195) Patiently seek the good in everyone and everything. (p.203)