

**Perfectly Yourself  
Book Discussion Schedule**

**Each Sunday 9:15 – 10:25 am in Parish Office (Jan 28 – Mar 25)**

**\*\* Please Read Session One before the First Meeting on January 28<sup>th</sup>.**

<b>Session &amp; Title</b>	<b>Pages</b>	<b>Date</b>	<b>Moderator</b>
<p><b>ONE: ARE YOU MAKING PROGRESS? **</b></p> <ul style="list-style-type: none"> <li>• A Moment of Truth Just Be Yourself Better</li> <li>• Not Best What's Your Thing?</li> <li>• Patterns of Defeat</li> <li>• The Power of Progress</li> <li>• Every Day Is Your First Something</li> <li>• Applying the First Lesson: CELEBRATE YOUR PROGRESS</li> </ul>	<b>1-25</b>	<b>Jan 28</b>	<b>Deacon Michael</b>
<p><b>TWO: PERFECTLY IMPERFECT</b></p> <ul style="list-style-type: none"> <li>• It Begins With a Lie</li> <li>• Only One Thing Is Asked of You</li> <li>• Our Desire to Please Are You Happy?</li> <li>• A Chance to Turn It All Around</li> <li>• From Confusion to Clarity</li> <li>• Applying the Second Lesson: JUST DO THE NEXT RIGHT THING</li> </ul>	<b>27-32</b>	<b>Feb 04</b>	<b>Charlie Rausch</b>
<p><b>THREE: LOOKING INTO THE FUTURE</b></p> <ul style="list-style-type: none"> <li>• Can You See Into the Future?</li> <li>• Better Lives, Better Futures</li> <li>• What Do You Respect?</li> <li>• Are You Trustworthy?</li> <li>• The Enemy of Character</li> <li>• Growing in Virtue</li> <li>• There Are No Personal Acts</li> <li>• Put Character First</li> <li>• Applying the Third Lesson: PUT CHARACTER FIRST</li> </ul>	<b>33-78</b>	<b>Feb 11</b>	<b>Sharon Mitzell</b>
<p><b>FOUR: 86,400 HOURS</b></p> <ul style="list-style-type: none"> <li>• Workplace Trends</li> <li>• Fulfillment @ Work</li> <li>• The Meaning of Work</li> <li>• Two Fables</li> <li>• Finding Your Passion</li> <li>• Baby Steps</li> <li>• Applying the Fourth Lesson: FIND WHAT YOU LOVE AND DO IT</li> </ul>	<b>79-100</b>	<b>Feb 18</b>	<b>Deacon Michael</b>

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<b>FIVE: WHAT DO YOU BELIEVE?</b> <ul style="list-style-type: none"> <li>• Beyond the Divided Life</li> <li>• The Voice of the Authentic Self</li> <li>• Unity of Life</li> <li>• The Problem Is Not That We Don't Believe</li> <li>• Applying the Fifth Lesson: LIVE WHAT YOU BELIEVE</li> </ul>	<b>101-118</b>	<b>Feb 25</b>	<b>Tom Meister</b>
<b>SIX: BEYOND INSTANT GRATIFICATION</b> <ul style="list-style-type: none"> <li>• The Happiness Myth</li> <li>• How Long Is Your Fuse?</li> <li>• The Modern Tyrant</li> <li>• The Power of Impulse</li> <li>• A Path to Self-Mastery</li> <li>• Applying the Sixth Lesson: BE DISCIPLINED</li> </ul>	<b>119-142</b>	<b>Mar 04</b>	<b>Charlie Rausch</b>
<b>SEVEN: UNBURDEN YOURSELF</b> <ul style="list-style-type: none"> <li>• Why Do We Complicate Things?</li> <li>• Decision-Making</li> <li>• The Art of Scheduling</li> <li>• Money and Things</li> <li>• Practical First Steps</li> <li>• Applying the Seventh Lesson: SIMPLIFY</li> </ul>	<b>143-163</b>	<b>Mar 11</b>	<b>Tom Meister</b>
<b>EIGHT: WHAT IS YOUR MISSION?</b> <ul style="list-style-type: none"> <li>• Finding Your Mission</li> <li>• Finding Yourself</li> <li>• Developing a Healthy Sense of Self</li> <li>• Applying the Eighth Lesson: FOCUS ON WHAT YOU ARE HERE TO GIVE</li> </ul>	<b>165-188</b>	<b>Mar 18</b>	<b>Sharon Mitzell</b>
<b>NINE: WHY WORRY?</b> <ul style="list-style-type: none"> <li>• The Things We Worry About</li> <li>• This Is the Problem</li> <li>• Manage the Present, Create the Future</li> <li>• The Opportunity Clock</li> <li>• Applying the Ninth Lesson: PATIENTLY SEEK THE GOOD IN EVERYONE AND EVERYTHING</li> </ul>	<b>189-206</b>	<b>Mar 25</b>	<b>Deacon Michael</b>
<b>EPILOGUE: HOME</b>	<b>209-210</b>	<b>Mar 25</b>	<b>Deacon Michael</b>