

**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 28th.**

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

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