Date: _____

WHAT COME YOU HERE TO DO?

Chapter 10 — Autodidaxy

> *"Every habit and faculty is maintained and increased by the corresponding actions: the habit of walking makes the man a better walker, the habit of running makes him a better runner."*
>
> Epictetus, *Discourses* 2.18 (trans. Long)

Take stock.

1. Write down each of the skills and put a date next to the last time you did actual practice toward mastering it.
2. Pick one thing that you want to accomplish and list the skills that would help you.
3. Research and pick a reasonable goal for four skills (the three from Chapter 9 plus one other).

BONUS

Identify a situation in your life and apply Posit — Consequence — Result — Conclusion. Hint: The conclusion might be to not change anything; that's OK — you're not doing it to change everything right now.