

Constructive Living Basics

- These are the questions for reflection:
 - 1. What have I received from _____?
 - 2. What have I given to _____?
 - 3. What troubles and bothers have I caused _____?
- Called "Daily Naikan" practice, these three questions provide a frame for assessing the day
- Answering Naikan's questions and the simple exercise of saying "thank you" starts a new habit of mind.



Constructive Living

Wenbin Ji



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