**M4L 2012 Lesson 11 “Living life to the full” Question & Exercise**

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1. Why is it better to develop your full potential than to satisfy all your desires?
2. What does it mean to you to be a fully functioning human being?
3. Why is the Yin-Yang principle important for living a good life?
4. Can you think of an example of an application of the Yin-Yang principle in your own life?
5. What are some of the dangers of focusing on only the positive or the negative?
6. What are the advantages of focusing on both the positives and the negatives?
7. According to the Chinese saying, when we drink we need to remember the source. How does this maxim reflect the Yin-Yang principle?

Gratitude Exercise:

1. Name three people to whom you want to express gratitude, either in person or in writing. (Please carry this out and discover how it affects the other person(s) and you).
2. Can you genuinely feel thankful for some horrible experiences because of the important lessons you have learned?
3. Name three things for which you are most grateful.
4. How might you be grateful to someone who has caused you pain?
5. Name some of the blessings you have received from your family.