

10 Top Lessons from the Book Think Like A Monk Train Your Mind for Peace and Purpose Every Day by Jay Shetty

- 1. Your mind can either elevate you or pull you down.**
 - a. Your monkey mind will aimlessly jump between thoughts and challenges if you let it.
 - b. Choose a life of meaning over pleasure and quality over quantity.
- 2. Find your true self.**
 - a. You're not what others think you are.
 - b. Don't spend your life living someone else's dream.
 - c. Detach from the opinions of others.
 - d. It will put your relationships at risk, but it's the only way to live a life authentic to you.
- 3. Create space for reflection.**
 - a. Sit down and reflect on your emotions and decisions at the end of each day.
 - b. Through reflection you listen to your inner voice, find who you really are, and discard the expectations of others.
- 4. Live by your values.**
 - a. The more you define yourself by the values of others, the more lost you are.
 - b. To live a life true to you, find values that align with you and live by them.
 - c. Don't let your news feed, the media, or others dictate what you value.
- 5. Audit your life.**
 - a. What you do with your spare time says a lot about what you value.
 - b. If you say you value family but spend all day at the office or out with friends or online, you're not living by your values.
 - c. Audit your time and correct course if your actions and values don't align.
- 6. Your environment influences your values.**
 - a. If your community is happy, then you'll likely be happier.
 - b. Join communities that look like the future you want.
 - c. Do the people within your community share your values?
- 7. Don't be a savior.**
 - a. You're not responsible for everyone else's problems.
 - b. If you can't swim, don't try to save someone who's drowning.
 - c. Help people you know you can help.
- 8. Take joy in the success of others.**
 - a. If you only find joy in your own successes, you limit the joy you experience.
 - b. Learn to find joy in the success and achievements of others.

9. Focus on the practice.

- a. Don't allow yourself to get lost in results.
- b. Let success become a natural part of your life instead of a progress report.

10. Reflect on death.

- a. Imagine how you'd like to be remembered at your own funeral.
- b. What impact will you have on the world?
- c. Align your actions to build your legacy.