

**EVERYTHING IS F*CKED:
A BOOK ABOUT HOPE**

by Mark Manson

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. On which nontransactional things you should focus on?
2. How are you becoming better? What are you evolving towards?
3. What kind of pain you need to accept in your life to progress?
4. What are you willing to give up in your life?
5. How you can improve the world?

Don't forget to save your changes.