

STILLNESS IS THE KEY

by Ryan Holiday

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. Build a daily routine and list the things that are distracting you:

2. When do you act, but you shouldn't?

3. What type of things you can remove from your house?

4. What do you do with your time?

5. What do you stand for?

Don't forget to save your changes.