

**THE WISDOM OF
INSECURITY**

by Alan Watts

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. What are you pursuing relentlessly?
2. What pleasures are stalling your progress?
3. What are you constantly expecting to happen in the future?
4. What are you afraid of doing because of people's judgments?
5. What type of pain are you willing to take to upgrade your life?

Don't forget to save your changes.