

**THE EVOLVING SELF:  
PROBLEM AND PROCESS  
IN HUMAN DEVELOPMENT**  
*by Robert Kegan*

*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. Mitigate your initial impulses to get the most out of a situation.
2. How can you become more attractive to others?
3. Why you let others define your happiness? Can you become less dependent?
4. Consider your relationship with stuff. Why you adore what you own so much?
5. Who are you really?

*Don't forget to save your changes.*