WORKSHEET 3

BUDDHA‘S LIFE STORY – A SIMILAR WAY TODAY?

Exercises

Compare Buddha's life with your circumstances, wishes and goals. Are there similarities? What are differences? Does Buddha's story give impulses for today?

Discuss in the group.

BUDDHAS LIFE STORY		MY LIFE STORY
	What are the basics and conditions in life?	
	What are your wishes and goals? **Outer goals - inner goals?**	
	What possibilities are there to realize these wishes and goals?	