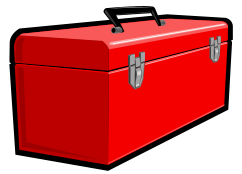


# Toolbox



## Nature of Life Worksheet

The Law of the Nature of Life: Everything moves and changes from these four categories every day but you ALWAYS have all four in your life at all times. You create misery and suffering in your life when you focus on what's not right about right now. Your focus is the cause of your suffering and - You can end your misery with a shift in perspective. You can focus on Gratitude.

### **CRAVING**

The things you don't have  
and wish you had.  
Suffering – Misery

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### **GRATITUDE**

The things you don't have  
and are glad you don't have.  
Happiness

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### **GRATITUDE**

The things you have  
and are glad you have.  
Happiness

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### **AVERSION**

The things you have and  
wish you didn't have.  
Suffering – Misery

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