

“Dedicate your life to creating more love and peace in the world. Find a passion, and a cause. Do something to make the world better. At the same time, realize that you are not going to rid the world of its suffering. Be realistic. Put out the good energy, the love, the compassion, and let go of the results.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share one thing you have passion for.**
- 2. Tell a story highlighting how you make sense of suffering in the world.**
- 3. Share an action you have done to make the world a better place.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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