

Name _____

Date _____

Taoism Worksheet

Taoism is basically the idea that **things are the way they are** and **rather than try to change them, we should accept things and try to best work *with* them.** For example, a tree is a beautiful, natural thing that can give shade, fruit, be a home to animals, or just be a beautiful thing to look at. The Taoist thing to do is to use the tree the way it is, but the un-Taoist thing to do is to try to use the tree in a way that is un-natural – like cutting it down and making it into lumber or paper. That is un-Taoist because it ignores the true nature of the tree.

1) Who in your life do you think follows the principles of Taoism best? **Give an example of something they do or say that makes you think they would be a good Taoist.**

2) Who in your life do you think is the most un-Taoist person you know? **Give an example of something they do or say that makes you think they do not follow the principles of Taoism.**

3) **What do you think of Taoism? Can it help you to find peace in your life?**

The essence of Taoism is understanding yourself so you can live your life the way that works best for you. But first you must know who you are. This might take a long time, days, weeks, months, even years, but in order to live a happy and fulfilled life, you must understand what your own individual happy and fulfilled life looks like. Try to answer these questions; "I don't know" is a wrong answer. Do not put down an answer until you know.

1) What things do you *like* about yourself?

2) What things do you *dislike* about yourself?

3) What things make you happy?

4) Do you ever spend time alone? Why or why not?

5) Do you think it is important to have alone time on a regular basis? Why or why not?
