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Philosophy as a Way of Life

Fordham, Spring 2016

Suggested Questions for Your Three Days

1. What did you do for the 3 days? What were the exercises/routines/disciplines you practiced?

2. What were the benefits of these practices? Did they make you more mindful, less judgmental, more grateful, less anxious, calmer, etc.?

3. What were the drawbacks? Were they unrealistic? Intellectually lacking in some way?

4. In what way were they compatible with other things you believe? (Perhaps, your other religious or moral commitments.)

5. Which techniques, if any, do you think you might continue to draw on or turn to for the next 30 years?