

EVOLVE

YOUR MIND

BEYOND THE VIDEO



**TO BE THE
BEST
YOU MUST BE
ABLE TO
HANDLE THE
WORST**

THE JOURNEY



The journey to self-discovery involves facing our shadow - the aspects of ourselves that we'd rather not acknowledge.

Dr. Peterson suggests that to truly understand ourselves and our potential for both good and evil, we must face our own shadow.

This is a difficult and terrifying journey that requires facing our greatest fears and overcoming our most significant limitations.

INNER MONSTER



Embracing our inner monster and acknowledging our potential for cruelty can lead to self-respect and the ability to demand respect from others.

Dr. Peterson argues that the idea that someone incapable of cruelty is morally superior to someone capable of it is dangerously incorrect.

By acknowledging our potential for cruelty, we can gain self-respect and become less vulnerable to those who are cruel.

THE KNIGHTS



The Knights of King Arthur story represents the journey of self-discovery and personal growth through facing one's fears and weaknesses.

The knights' journey through the forest and their individual choices to enter the darkest parts of it symbolise the path to personal growth and development.

The forest itself can be seen as a metaphor for the unconscious mind, and the journey through it represents the process of self-discovery and self-realisation.

THE SHADOW



By confronting our shadow, we can gain control over it and prevent ourselves from succumbing to our darkest instincts.

It is only through confronting our shadow that we can gain control over it and prevent ourselves from being controlled by our darkest impulses.

This process can be uncomfortable and painful, but it is necessary for personal growth and transformation.

FLAWED NATURE



Recognising that our flawed nature is a precondition for being allows us to approach life with humility, gratitude, and wisdom.

Dr. Peterson argues that recognising our flawed nature can help us approach life with humility, gratitude, and wisdom.

By recognising that we are flawed, we can avoid becoming too prideful or overconfident, and instead approach life with a sense of humility and gratitude.

THE FEAR



Facing our fears and limitations is the path to true growth and transformation.

Dr. Peterson emphasises that the journey to personal growth and transformation is often difficult and frightening, but it is through facing our fears and limitations that we can find true growth and transformation.

By confronting our fears and limitations, we can develop our character and find wisdom.



**IT'S BETTER TO BE
A WARRIOR
IN THE GARDEN
THAN A
GARDENER IN THE
WAR**

EXERCISE

1. What parts of yourself do you find difficult to acknowledge or accept? How might embracing those parts of yourself lead to greater self-respect and inner peace?
2. What fears or limitations have you been avoiding, and how might facing them help you achieve personal growth and transformation? How might this journey be difficult, and what support or resources might you need along the way?
3. How might recognising your flawed nature allow you to approach life with greater humility, gratitude, and wisdom? In what ways might you use your imperfections as a means of finding fulfilment and purpose in life?

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