Entry #1

*Peaceful Warrior*

1. After watching the film, what, in your estimation, is a peaceful warrior?
2. When Dan faces himself on the ledge of the building, what part of himself do you think he lets go of?
3. What does Socrates mean when he says “the accident is your training”?
4. What does Socrates mean when he tells Dan to “empty out the trash” and says “there is only here and now”? How can this realization change a person’s life?
5. Why does Socrates take Dan on the hike? What is the significance of the realization Dan has on the hike?
6. In the end, what’s the difference between Dan and Tommy’s perspective on the competition and on life?
7. What are some of the most important connections between Mindfulness and being a peaceful warrior?