

Identify Your Patron Saints

“Know thyself” is one of the most ancient rules of happiness, but it’s surprisingly challenging to know yourself. To gain self-insight, I consider questions that help me recognize my interests and values. One question: “Who are my patron saints?”

(A “patron saint” is a saint who has a special connection to a person or activity, or in more casual terms, a person who serves as an example or guide.)

I have many patron saints, but here are six of them:



Julia Child

Goofy yet masterly; light-hearted yet authoritative



Winston Churchill

Indefatigable, unvanquished



Virginia Woolf

Intensely attuned to the power of the passing moment



Samuel Johnson

Wildly eccentric, with a deep understanding of human nature



St. Therese of Lisieux

Showing great love through small, ordinary actions



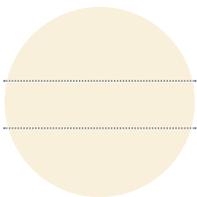
Benjamin Franklin

Practical, curious, inventive

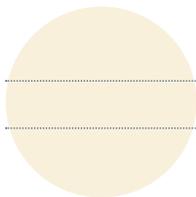
QUESTIONS TO ASK YOURSELF	YOUR ANSWERS
<p>Whom do I envy? What do I lie about? The answers to these questions reveal the way in which your life doesn't reflect your values.</p>	
<p>What do I actually DO?</p>	
<p>What in your life gives you the most purpose?</p>	

Who are my patron saints? Why?

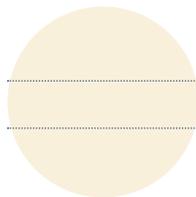
Make a note of the qualities or lessons that you try to emulate.



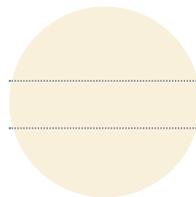
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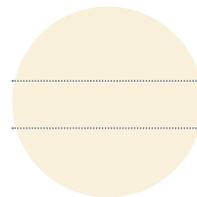
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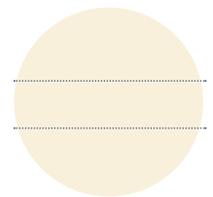
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