

Cat on a Drawbridge

by Dana Bowman, p. 20

Discovering the difference between self-improvement and resolutions that matter

1. What's the last resolution you remember making? Were you successful in keeping it?
2. What feelings or inspirations do you get from the clean slate of starting a new year?
3. What do you think Dana Bowman means when she says, "When I make goals that point back at me, it just gets...pointy"?
4. The subtitle for the article is "Discovering the difference between self-improvement and resolutions that matter." What do you think the difference is?
5. At the end of the article Bowman begins a new list with "Research cat mansions" at the top. Why does she name this as a priority?