

## HOW TO KEEP A SECRET

You want to know that secret to keeping a secret? Well, I'm not telling you.

There it is. The easiest Skill Trek lesson you'll ever have. The secret to keeping a secret is simply not to tell anyone. It is the easiest thing to tell you and the hardest thing to do.

The trouble is a secret is no fun if we simply keep it to ourselves. We want to confide in at least one close person. Otherwise we don't feel the cool power of owning a secret. And so it is a matter of pride that makes us all terrible secret keepers.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

For the next thirty days, keep any secret you are privy to. You don't have to say what that secret is in order to earn your Nugget. As long as your parents know that no one is in danger. You simply need to let them know that people's secrets are genuinely safe with you.

LEVEL K

B-4

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So, now you need to suppress that pride and get your satisfaction from knowing you are the only person on the planet that knows what has been entrusted to you.

Learn one more lesson from this: when you tell a person a secret, they'll probably want to tell at least one person. That's human nature. So you'll never really know how far your secret has traveled. I don't care if it's your best friend, they'll be tempted to share it with someone.

A word of caution: there are some secrets that you should not keep. If there is a person that could be endangered, hurt, or something that could affect people's lives, you are obligated to do the right thing.

