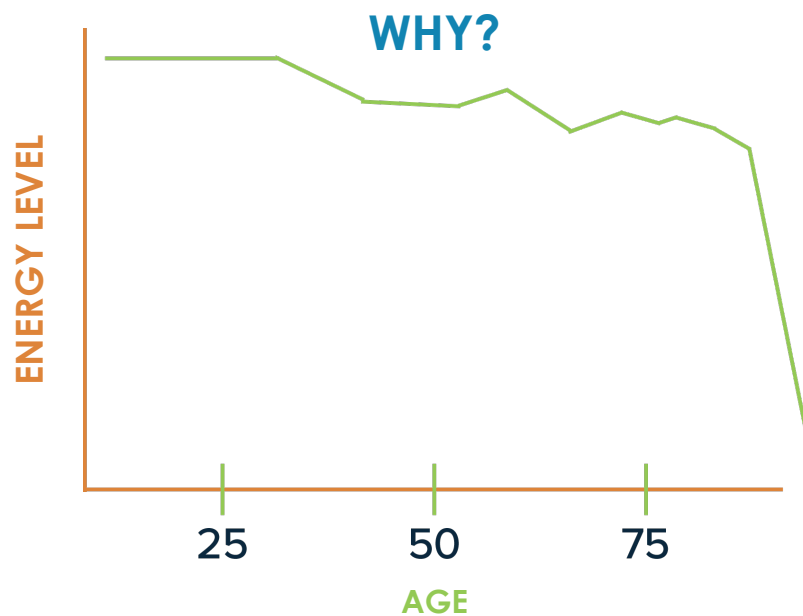


BE HAPPY NOW

& LIVE YOUR BEST LIFE

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WARNING!

This does not mean buying "things" or going into debt to feel better.

FACTS OF LIFE

- We are all going to die
- The quality of our life is the quality of our feelings
- The past NEVER represents the future

▶ THINGS THAT MAKE US "FEEL" HAPPY

- Strong healthy, deep **relationships**
- **Looking forward** to things (takes planning)
- Feeling like we are **growing**
 - Physically, mentally, emotionally, financially, educationally, etc.

▶ HOW DO WE MAKE PROGRESS IN EACH AREA?

RELATIONSHIPS

- Terminate toxic relationships
- Schedule regular quality time with your top 3 friends
- 2 family vacations per year
- Date night with kids and spouse
- Create "rhythm" of vacations
- Become extremely transparent in your communications

LOOK FORWARD

- Create 5-year vision
- Plan vacations and long weekends one year in advance
- Plan your career path out 10-20 years into the future
- Take a life planning class

GROWTH

- Take classes
- Therapy
- Daily gratitude journal
- Begin an eating and fitness routine
- Apply for that promotion

