

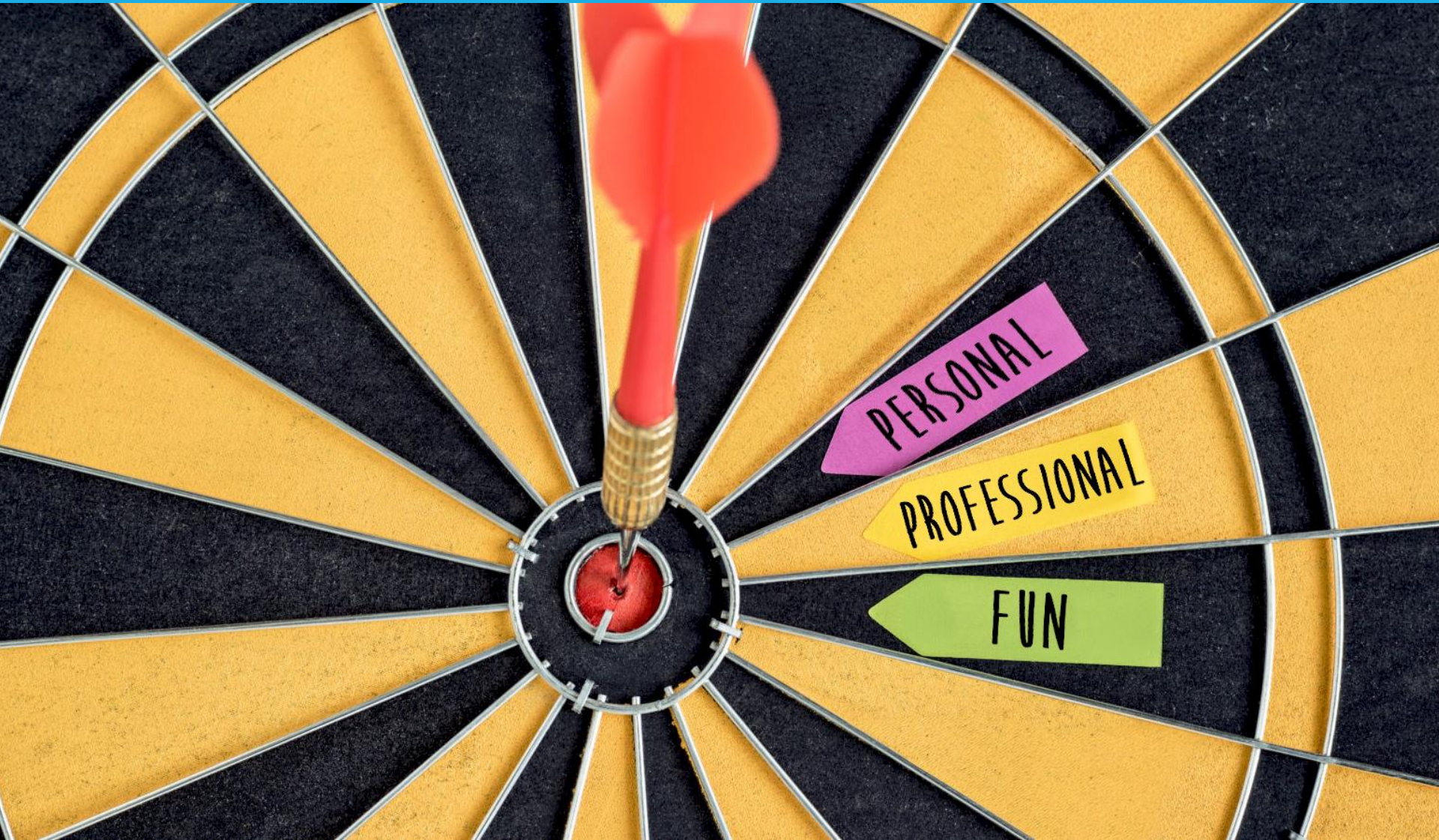
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**LIVING AN INSPIRED AND
BALANCED LIFE WHILE
ACHIEVING YOUR GOALS**

Is it even
possible?

GOALS.....





**ROAD
CLOSED**

12 MONTHS

52 WEEKS

365 DAYS

8,760 HOURS

525,600 MINUTES





A pair of hands holds a white, slightly curved rectangular sign against a bright blue sky with wispy white clouds. The sign features the text 'TOP 10' in a large, bold, black sans-serif font. The hands are positioned at the left and right edges of the sign, with fingers visible gripping the paper. The lighting is bright, suggesting a sunny day.

TOP 10

**TEN
THINGS
TO DO
EVERY
DAY**

**TEN
THINGS
TO DO
EVERY
DAY TO
IMPROVE
YOUR LIFE**

**NINE
THINGS
YOU
SHOULD
DO EVERY
DAY
BEFORE
9 AM**

**95 THINGS
TO DO
EVERY
DAY**

ADVICE, LISTS, SUGGESTIONS = GUILT



12 MONTHS

52 WEEKS

365 DAYS

8,760 HOURS

525,600 MINUTES

Work Harder

Work Smarter



WHAT DO YOU DO TO ACHIEVE...

THREE THINGS A DAY RULE

$$3 \times 5 = 15$$

$$15 \times 4 = 60$$

$$15 \times 52 = 780$$

$$3 \times 7 = 21$$

$$21 \times 4 = 84$$

$$21 \times 52 = 1092$$



TENACITY



Don't give up

**Fall down
7 times, get up 8**

Lottery tickets



AUTHENTICITY

UNCOVER YOUR TRUE SELF

WHO ARE YOU?...

BEING AUTHENTIC

You are
the BEST
at being YOU!

In all situations

Don't let anything
distract or deter you
from following up...

You might be surprised!

TO DO

Follow up!

Follow Up!

Follow UP!

FOLLOW UP

DO THE TOUGH THINGS
FIRST...

A silhouette of a hiker with a backpack stands on a mountain peak, looking through binoculars. The background is a sunset sky with orange and yellow hues. The text "SUCCESS TAKES TIME" is overlaid in white, uppercase letters.

SUCCESS TAKES TIME

DON'T QUIT

...And do
the things
you most *don't*
want to do.

Put them at the
top of your list
of things to do.

HELPING OTHERS

Do something
every day that
helps other
people



A PERSON HAS TWO HANDS,
ONE FOR HELPING HIMSELF,
AND ONE FOR HELPING OTHERS.

THEN LIFE THROWS YOU A CURVE BALL...



What do you do when...

You don't get
that promotion?

You don't get
that major gift?

You don't get that "job"?

You don't have time to...?

Something needs to
change in your community
and no one seems to
want to help you...

[fill in the blank]....

I GOT
HIT BY A TAXI...



HAPPINESS AND JOY

WHAT IS HAPPINESS?

WHAT IS JOY?

... are they the same
or are they different?



LIFE LESSONS ABOUT HAPPINESS AND JOY

Lesson 1: Life will always work out

Lesson 2: Go for it!

Lesson 3: You can't take it with you

Lesson 4: Do the things you love

Lesson 9: Tell the ones you love
that you love them

Lesson 10: Remember, the great
equalizer for all of us is time

WHAT YOU CAN DO...

...SHARE

YOUR STORY

...REMEMBER

TIME is the great equalizer

...START

THE POWER OF THREE

- Three personal things
- Three things for the world
- Three things for goals



HERE'S TO KNOWING
WHAT MATTERS...

...AND PURSUING IT!

A life filled with happiness,
joy, and purpose!

Working every day towards set
goals, without sacrificing balance,
and while staying inspired.


That's the way I now live my life.

How will you live yours?

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#HAPPINESSANDJOY