

The Keys to Happiness



SPOILER ALERT!

*"My primary theory of happiness is that it grows in proportion to how you use your **precious time** to have **enough money, meaning, and friends** and to express your **fullest potential**."*

The Keys to Happiness



Precious Time

understanding that no one knows how much time he or she has left in life, but it will never be more than 24 hours a day, seven days a week, or 12 months a year. Being mindful of our limited time steers us toward meaningful activity.

Enough Money

having a steady and reliable income that covers basic needs, provides savings for emergencies and large purchases as needed, and gives you enough extra to express yourself and to help others.

Enough Meaning

having a strong sense of one's personal mission and following it. The root of the word vocation is vocare, which means "to call." When we follow our calling in life, we have boundless energy, and we feel a consistent enthusiasm to keep going.

Enough Friends

having enough family and friends who put energy into your bucket more often than they take energy out of it. Having a strong connection to one's family, community, and humanity that consistently shifts your attention from yourself to others. A sense of security that comes from having a community comprised of strong and healthy relationships.

Expressing Your Fullest Potential

listening to your heart's desire and giving your all to achieving your unique vision. Understand your strengths, core values, and how best to manage weaknesses. Surround yourself with positive people who will cheer you on as you pursue your gifts, talents, and passions.