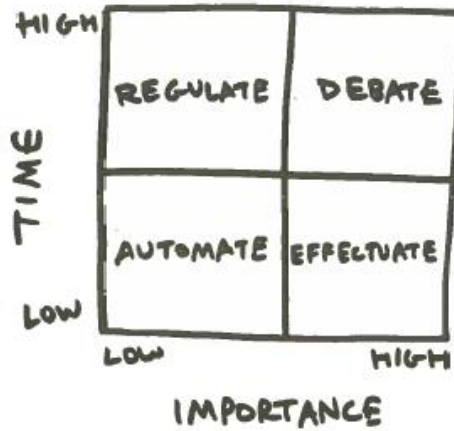
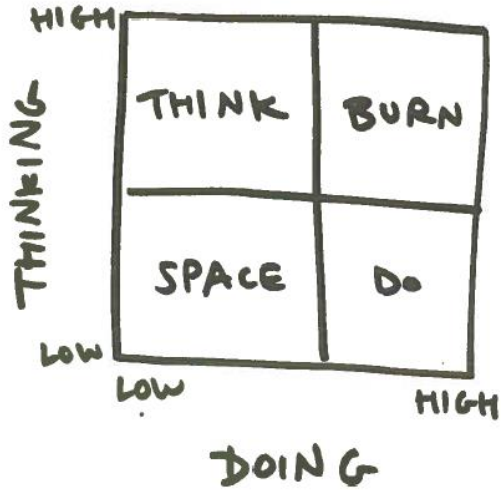
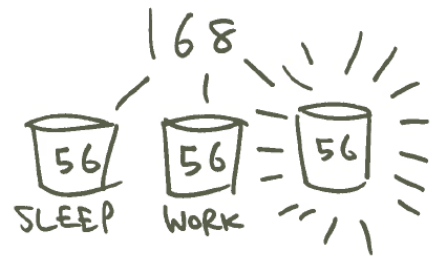
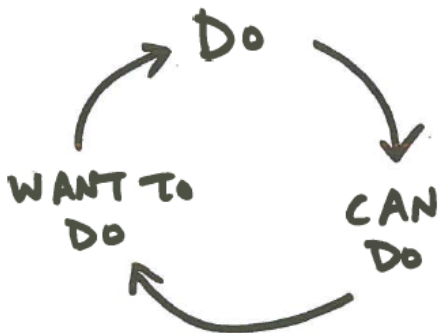


Always remember there are only three goals.
 To want nothing. That's contentment.
 To do anything. That's freedom.
 To have everything. That's happiness.
 What are the nine secrets to get us there?



BE HAPPY FIRST
 DO IT FOR YOU
 REMEMBER THE LOTTERY
 NEVER RETIRE
 OVERVALUE YOU
 CREATE SPACE
 JUST DO IT
 BE YOU
 DON'T TAKE ADVICE



The happiness equation

Want Nothing

Be happy first

Be happy > Great work > Big success

7 ways to be happy right now

3 half hour brisk walks per week

20 minute writing about positive experiences

Random acts of kindness

A complete unplug

Hit Flow

2 minute meditation

Five gratitudes

Do it for you

Only internal goals matter

Set Goal > achieve goal > set goal etc

sales, social or self success? choose 1

Remember the lottery

just lucky to be alive now

+ Do Anything

Never Retire

ikigai = purpose

work = social, structure, stimulation, story

Overvalue you

pay per hour may be high

Create space

Remove choice

low thinking, low doing

Remove time wasters

automate

simple tasks

regulate

Just check emails in a time slot

effectuate

Just do it

debate

now have time for important decisions

Remove time

move deadlines up > create panic > work better

Remove access

don't always be available for everything

= Have everything

Just do it

Do > can do > want to do > Do > etc

Be you

saturday morning?

What do you do when nothing to do?

bench test

Hang out in place to see what you like

five people test

you are the average of 5 closest to you

Don't take advice