

5 PATHS TO A GOOD LIFE



Reframe My Life

The perspective I choose to view life's circumstances through has the power to determine the course of my life. I can control my focus, look at the big picture, and embrace both the good and the bad. My life is shaped by the way I live, not by what happens to me.

Grieve & Forgive

Important growth happens at the internal level and is necessary for external change. My quality of life is impacted by the willingness to mourn loss, accept regrets, and engage in the process of forgiveness - of myself and others.

Practice Self-Care

Self-care is making conscious, deliberate choices to look after my well-being. It includes having good mental health, high life satisfaction, a sense of purpose, and the ability to manage my thoughts and emotions.

Build Right Relationships

Everything I do involves people and managing relationships well is a key life skill. The people I choose, the role they play in my life, and how I engage with them make all the difference in the quality of my life.

Create the Future

Life is a journey to enjoy, filled with possibilities, creativity, freedom, and meaning. When I get clear about what I really want and exert the courage to act, I take charge of my growth and fulfillment.