



Congrats, Life Lieutenant!

Living Minutes Academy

Life Captain Dan de Lill, PhD

LivingMinutes.com

LM!

Congratulations!

- ▶ You've come a very long way, Ensign. Over the past three weeks, you've learned the basics of mindful living and have learned how to use Living Minutes to achieve life harmony and joy.
 - ▶ There's still a lot more to learn
- ▶ In recognition of your hard work and dedication to the Living Minutes, you are hereby promoted to the rank of Life Lieutenant. Congratulations, Lieutenant!!





Living Minutes Academy

CERTIFICATE
OF PROMOTION



THIS IS TO CERTIFY THAT THE FOLLOWING INDIVIDUAL



HAS PROGRESSED ADMIRABLY THROUGH THE LIVING MINUTES PROGRAM AT THE
LIVING MINUTES ACADEMY AND HAS BEEN COMMISSIONED TO THE RANK OF

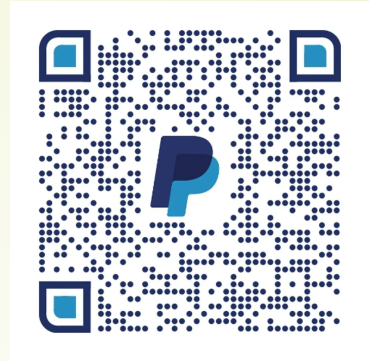
LIFE LIEUTENANT

DATE



DANIEL T. DE LILL, PHD
LIFE CAPTAIN

Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission

➤ *Self-Assess, and then Celebrate!*

- Tonight, you're simply to celebrate! Watch a movie, have a glass of wine, grab a treat or coffee, go for a walk on the beach or hike in the forest – just do something that you will bring you joy in recognition of this fantastic achievement! And, do it *mindfully*!
 - But before you do this, take a few minutes and do another self-assessment. You'll want to self-assess every few months or so (I think every six months is a good target).
- Again – Congratulations on your achievements and beginning this amazing and exciting journey into mindful living!