

The Living Circles Method™

A Kick Starter Guide to Action-Based Happiness



About the Speaker

Carl Jackson is a retired wealth management professional with over 30 years experience in data-driven analysis. He currently resides in Rancho Mirage, California.

In 2021 he retired and spent a year decompressing and dedicated himself to mapping the mechanics of purposeful retirement and lifestyle design. He revived his childhood hiking passion, began traveling and reconnecting with his community, and serves locally as an HOA Treasurer.

Those experiences were the fuel that created The Living Circles Method™.



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The Reality: Fulfillment in this chapter isn't about growing your wealth pile. Here's why...your financial net worth has done its job - it secured your security & comfort. It's about getting back your quality time.



Course Objectives

A 90-minute “quick hit” seminar

Happiness Framework

The Living Circles Method™ is about action-based happiness. This science-backed session will teach you how to become happier by taking concrete steps in four key areas.

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✦ **Disrupt the “Daily Routine”**

Monotonous repetition can fuel stressful stagnation. Shifting to an intentional action-based lifestyle breaks the doom loop and triggers your Happiness Response.

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Personalized Assessment

The Living Circles Method™ will help you create a personalized happiness score.

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Beyond the Pyramid

- ✔ We've been raised on Maslow's Hierarchy of Needs and taught that life is a linear climb to the top where we "self-actualize".
- ✔ But in this chapter, happiness isn't a final peak you stand on & stop - it's about constantly expanding and balancing your life across four Circles.

Let's transcend the pyramid.



The Happiness Blueprint

Triggering the Chemical Spark



Your brain chemistry rewards you for engaging in activities that align with your basic need to survive.

The Four Circles

Tap into your biological programming

● **Wealth**

In this chapter, fulfillment isn't about accumulating more assets. Once basic needs are met, your **evolutionary engine** **doesn't just stop running**. Now your most critical, finite resource becomes **Quality Time**. Reclaiming your time is what gives you the freedom to pursue your other Circles.

The Four Circles

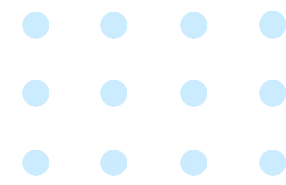
Tap into your biological programming

- **Community**

From an evolutionary and biological standpoint, human beings are not just social by choice; we are **hardwired for connection as a matter of strict survival**. Think “tribes” and “hunters & gathers”.

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● Experiences

New sensory stimulus creates neurological landmarks that slow down time and clear the fog of the daily routine. From an evolutionary standpoint, humans are the ultimate exploring species.

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- **Wellness**

Physical & mental wellness provide the ultimate engine of energy and peace of mind you need to feel alive and fully pursue your other Circles.

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Happiness is a Verb

✔ **Happiness is doing – Lyubomirsky's 40% Rule**

Happiness is the result of the intentional actions you take every day that align with your evolutionary and biological needs.



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The Living Circles Method is built on developing the four areas (Circles) of your life that will bring you the greatest fulfillment and joy by triggering your Happiness Response.



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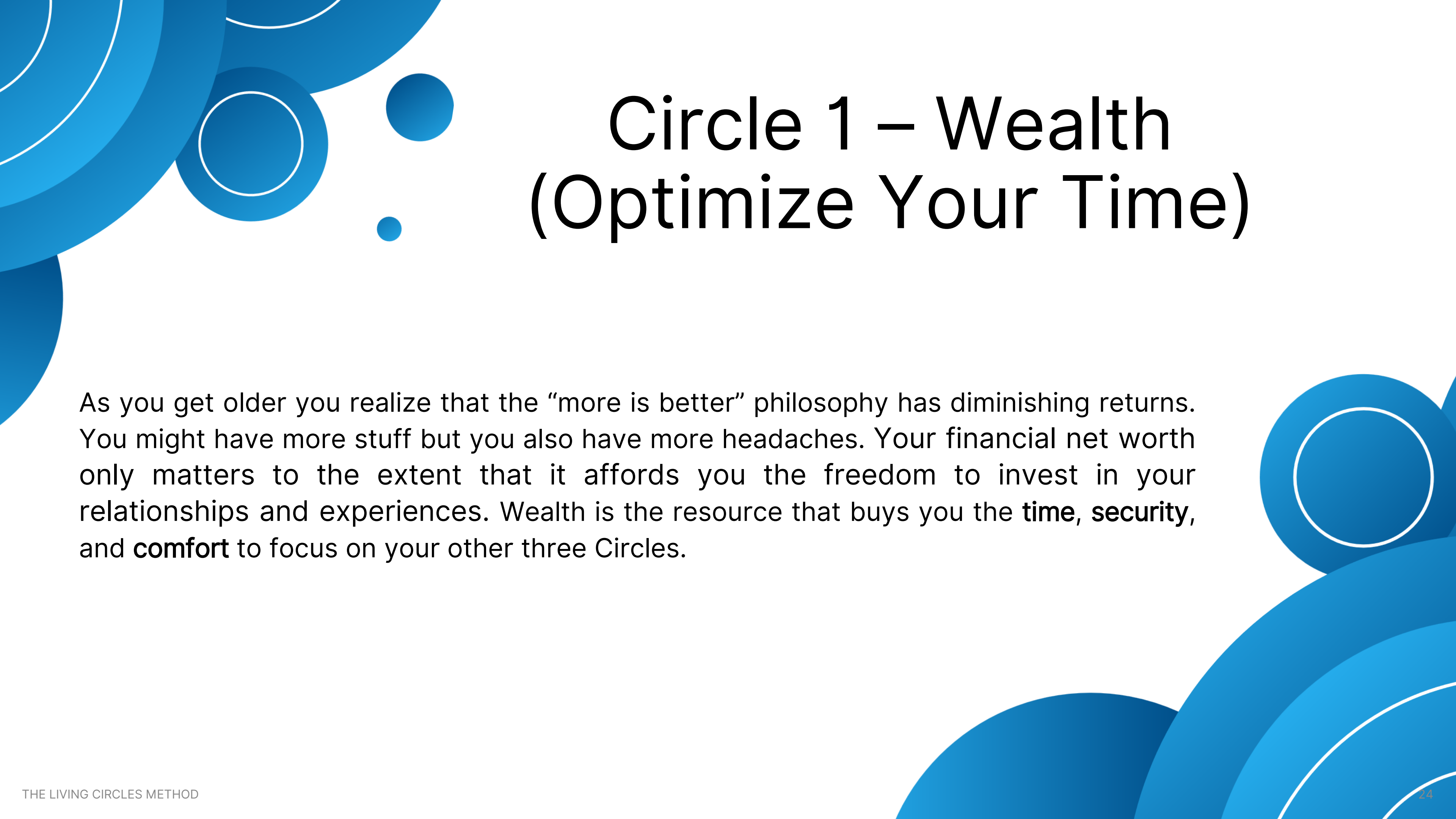
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✔ **Science behind The Living Circles Method™**

Backed by over 80 years of clinical and psychological research (see Appendix for full studies).

Happiness is the evolutionary response to positive actions we take.





Circle 1 – Wealth (Optimize Your Time)

As you get older you realize that the “more is better” philosophy has diminishing returns. You might have more stuff but you also have more headaches. Your financial net worth only matters to the extent that it affords you the freedom to invest in your relationships and experiences. Wealth is the resource that buys you the **time**, **security**, and **comfort** to focus on your other three Circles.

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Simplify your Schedule


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Declutter your Life

Manage Your Time Wisely

 **Green Time (Active Living):**
Time spent pursuing your Circles.
Wealth = Quality Time

 **Yellow Time (Maintenance):**
The necessary operational noise of life.

 **Red Time (Doom Loop):**
Time spent in monotonous routines.

Swap Yellow & Red Time for Green Time.



Optimize Your Time

● **The Strategy**

True wealth isn't about collecting more things. It's about what we have the courage to subtract. By simplifying your daily life and letting go of commitments you can't control, you wipe away that low-level hum of daily anxiety and lower your stress.

Optimize Your Time

- **Simplify Your Schedule**

Actively step back from overcomplicated projects, draining committees, or obligations that you can't control. This immediately frees up the daily time and mental breathing room you need to focus on your other Circles.

Optimize Your Time

● **Declutter Your Life**

Take a hard look at assets, large properties, or high-maintenance clutter that require constant upkeep and worry. Scaling back physical complexity is the fastest way to stop reacting to external demands and start running your life on your own terms.

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Circle 2 – Community (The Tribe Circle)

Community means belonging to an intentional tribe where you are valued simply as an individual, not by your past professional title or resume. Humans are biologically programmed for connection.



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Volunteer

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Community on your terms

Community Your Way

- **Community on your terms**

Some people have an agenda. Shift away from forced social roles and move toward intentional, low-friction interactions. Don't be afraid to exit a situation that is draining your energy and time.

Community Your Way

- **The “fifteen-minute” outreach**

Reclaiming your tribe doesn't require massive scheduling overhead. A simple, intentional 15-minute text, phone call, or coffee invite to an old friend or a new contact keeps your social lines open.

Community Your Way

● **Volunteer**

You thrive when you step outside your routine. Volunteering for a cause completely unrelated to your professional life allows you to strip away your identity-based "roles" and connect with people simply as a human being.

Community Your Way

- **Join a club or group**

Proximity breeds connection. Joining a structured group centered around a shared interest - like Rotary Club, Elks Lodge, or a faith-based group eliminates the friction of networking. It embeds you directly into a ready-made tribe.

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Circle 3 – Experiences (The Spark Circle)

The Routine Trap: When every week follows the exact same monotonous routine – *the same doom scrolling, the same television loop, and the same default drive* – your brain switches to cognitive auto-pilot. **The Spark:** The *Experiences Circle* forces you to break the default pattern by stepping into the humility and excitement of becoming a "zero-day learner" right where you live.



Circle 3 – Experiences (The Spark Circle)

Seek sensory novelty

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Unplug & Journal

Collect Moments

- **Seek Sensory Novelty**

Introduce new sensory stimuli, alternative routes, or fresh environments. Novelty engages our neural pathway, signaling the brain to wake up, pay attention, and find reward in new experiences.

Collect Moments

- **Unplug & Journal**

Intentionally disconnect from the digital noise to clear your mental windshield. Replace the empty dopamine loops of digital clickbait - write down your future plans - sketch out new projects, travel goals, and daily ideas that bring genuine excitement to your next chapters.

Collect Moments

- **Zero-Day Learner**

Embrace the humility and excitement of being a beginner. Learning a completely new skill forces your brain to construct fresh neural pathways, clearing the mental fog of daily repetition.

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Shift your focus from gathering material possessions to accumulating vivid memories. Prioritizing unique, action-based experiences over static assets creates a rich library of mental landmarks that fundamentally alters how you perceive the passage of time.

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Circle 4 – Wellness (The Energy Circle)

Physical and mental health are the literal fuel required to actively enjoy your *Experiences* and *Community* circles. **Daily Movement:** Focus on the consistency of low-impact, joint-friendly daily movement to keep the machine perfectly primed for lifestyle action.

Circle 4 – Wellness (The Energy Circle)

Low impact / quiet mind



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Audit the fuel – Inside & Out



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Audit the fuel – Inside & Out

15-minute movement rule



Powering the Engine

- **Low Impact / High Return**

Focus on an easy, joint-friendly movement designed to elevate your heart rate and wake up your circulation.

Powering the Engine

- **15-Minute Movement Rule**

Commit to a non-negotiable 15-minute daily window of physical movement - whether a brisk neighborhood walk or a quick stretching routine. Consistency beats intensity when it comes to keeping the physical machine primed for action.

Powering the Engine

- **Audit Your Fuel**

Inside: Treat your body like the high-performance asset it is. Audit what you consume for one week, noting what drains your stamina versus what gives you sustained mental clarity. **Out:** Your environment is fuel, too. Your ancient biology requires direct sunshine.

Powering the Engine

- **Quiet Mind/Meditation**

Disconnect from notifications, market tickers, and operational noise for a set period each day. **Meditation** can shift your neurochemistry to favor safety & sustained calm rather than reactive stress.

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The Living Score Audit

Where are your Circles today?

QUICK ASSESSMENT

As we continue, think about each Circle and how engaged you are with each, on a scale of 1-10. Chances are you intuitively know where you stand. Be honest, this is about your happiness.

But don't worry, you don't have to guess. In just a few minutes, we will open up our live, data-driven Living Score Assessment Tool right here in the room to map out your exact baseline in real time.

EVALUATION

- 1 – 4: Pivot
- 5 – 7: Optimize
- 8 - 10: Amplify
- PEAK SCORE: 40

Circle Synergy (The Multi-Win)

Right about now you're probably asking yourself, "*Who has the time to chase all these Circles?*" Circle Synergy is the art of finding activities that inflate two, three, or even all four Circles at once. Before you commit to a new habit or hobby, ask yourself, "What Circles does this touch?"

✓ The Hiking Group or Pickleball League

✓ Volunteer for something unrelated

✓ The Backyard Garden

✓ Cooking Class or Book Club

Let's Recap: Action is the Answer

✔ You Aren't Stagnant, Just Flat

Feeling stuck in a repetitive routine isn't a sign that your life is broken. It's simply a mechanical signal that one of your major Circles is deflated.



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✔ Fix the Mechanics

You don't need passive motivation to change how you *feel*. By executing low-friction disruptions and giving a lagging Circle a little intentional air, balanced harmony and vitality follow naturally.



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✔ Happiness is a Result, Not a Strategy

You cannot simply choose to "feel" happy as a tactical plan. Happiness is the immediate byproduct of intentional, mechanical actions focused on the areas of your life that matter most: Wealth, Community, Experiences, and Wellness. Fix the mechanics, and the emotion follows.



The Living Score Assessment Tool

✦ Covers the Four Circles

When you've completed your assessment, you'll receive a personalized Peak 40 Score that covers all four Circles.

✦ Scoring Scale

For each statement you simply choose:

- ✓ This is never me
- ✓ This is rarely me
- ✓ This is sometimes me
- ✓ This is often me
- ✓ This is always me

✦ 10 Statements for each Circle

Each Circle has 10 statements on a variety of issues related to that Circle.

✦ Online

We'll provide the link so you can take your personalized Living Score Assessment online **right now** using your laptop or smartphone. When you're done you can easily download the results right to your device before you leave today.



Peak 40 –Enough Is Enough

We live in a culture that worships excess. We are told to “give 110%” and “maximize our potential”. But in The Living Circles Method, the goal is **40**. Not 41, and certainly not 50.

A score of 10 in any Circle represents “The Peak”. It is the point of optimal balance. Beyond a 10, you hit a wall of diminishing returns.

You are allowed to stop.

30-Day Living Circles Action Planner

THE CORE RULES

- ✓ Focus on lowest scoring Circle
- ✓ Take Micro-Actions Only
If your Community Circle is low, don't try to organize a block party this week. That's a macro-action that breeds stress. A micro-action is pulling out your phone right now and sending a text to an old friend to grab coffee. Low friction, high return
- ✓ Protect the Wellness Engine

ROADMAP

- ✓ Week 1: Seal the Leak
- ✓ Week 2: The Secondary Circle
- ✓ Week 3: Design Circle Synergy
- ✓ Week 4: Assess your progress



SEDONA BIZ LLC

THANK YOU FOR YOUR ATTENTION



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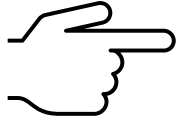
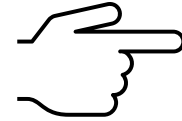
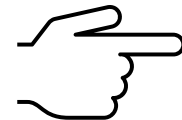
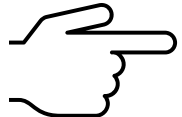
APPENDIX



The Evolutionary Blueprint

The neurochemicals that drive our ancient brain

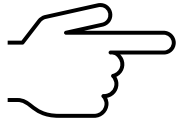
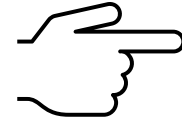
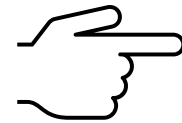
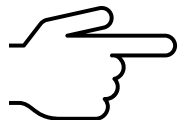
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THE ALARM

- CORTISOL**  Stress & Stagnation

The Science Behind the Living Circles Method™

The Mechanics of Well-Being

The Living Circles Method™ translates decades of empirical research into actionable, low-friction daily mechanics.

The 40% Actionable Threshold (Lyubomirsky)

The Science: Sonja Lyubomirsky's research (*The How of Happiness*) demonstrates that 50% of our happiness set-point is genetic and 10% is circumstantial, leaving **40% entirely determined by intentional, daily activities.**

The Circle Connection: The *Living Score Audit* specifically targets and optimizes this intentional 40%.

The PERMA Framework (Seligman)

The Science: Dr. Martin Seligman (the father of Positive Psychology) outlines five essential pillars for human flourishing: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment.

The Circle Connection: Directly maps to our focus on **Community** (Relationships/Meaning), **Experiences** (Engagement/Accomplishment), and **Wellness** as the underlying engine.

Habits of a Happy Brain (Breuning)

The Science: Our brains process fulfillment through a specific neurochemical survival mechanism. Happiness is mechanically advanced by intentionally triggering the four "happy chemicals".

The Circle Connection: Provides the chemical blueprint for its practical strategies.

The Power of Connection (The Harvard Grant Study)

The Science: The longest-running longitudinal study on human development (85+ years) concluded that the single most powerful predictor of lifelong health and happiness is the quality of our relationships.

The Circle Connection: Validates the **Community Circle** mechanic—specifically prioritizing low-friction, intentional social interactions over isolated achievement.

The Neurobiology of Novelty (Neuroscience & Dopamine)

The Science: Neurobiological research shows that routine desensitizes the brain's reward pathways, while seeking **sensory novelty** and unexpected experiences triggers dopamine production and alters our baseline perception of time.

The Circle Connection: Forms the exact neurological baseline for the **Experiences Circle** and the practice of becoming a "zero-day learner."

