

Part 1: Discernment

notice and comment, which prompts you to reflect. List the top five things making you happier in order of importance.
1
2
3
4
5
Part 2: Management
Back to today What are you most focused on?
What are you managing most actively?
What are you leaving up to chance?

Imagine yourself in five years, 25% happier. Purpose and meaning are deeper. Friends and family

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Compare this list to your "Five Years in the Future" list above. Repeat this exercise each year on your birthday.