

How to drive success from a mindset of happiness?

"If a person could do only one simple thing to increase their health and happiness then expressing gratitude on a regular basis must be it." Steven Bartlett

"Appreciate everything, even the ordinary. Especially the ordinary." Pema Chödrön

1. What are 3 things you are grateful for?

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2. Downward comparisons: What is something you started out a beginner doing and have become an expert in? (anything) downward comparison.

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3. What are some things you would like to do in your life right now? (personally or professionally)

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4. Tell me about mindset, what comes to mind? (no pun intended)

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5. How can you apply this to even the bad things that happen?

5 tips to starting a successful business in any field from a culture perspective:

1. Professional Motivations: Find something you are passionate about and why (list 3 things):

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2. Establish core values of your business (Integrity, Kindness, Honesty, Evolution, Community etc): It's usually how you live your life. If you ran the business all alone how would you do it? Hire accordingly.

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3. Establish your mission: (What is it?)

4. Identify 3 people in your life that can provide knowledge and insight (use them):

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5. Set reasonable and actionable goals and timelines: (short term, long term, end goal)

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