

#wakehappy

WISDOM THERAPY

With Shani
Robins, PhD

What does a 90 year
old know that we don't?

... a set of skills to live
effectively ...

1. MINDFULNESS

1. Get coffee.
2. Smell the coffee.

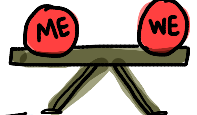
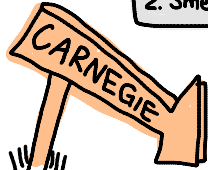
2. GRATITUDE

YAHOO! I can
buy a latte!

3. EMPATHY + COMPASSION

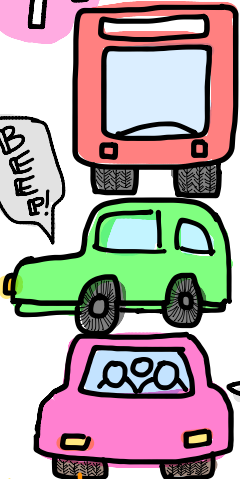
It's crazy busy here.
The barristas must be
SWAMPED.

I will be sure to
say thank you +
leave a tip.



4. REALISM

practice!
practice!
practice!



HONK!
HONK!

Why is
everyone
driving
on my
street!
ARGH!!

5. HUMILITY

6. TRANSCENDING THE EGO & EMOTIONAL INTELLIGENCE

