

The Secret to Inner Peace

With Hyrum W. Smith



#wakeuphappy

Pain is inevitable.
Misery is OPTIONAL.

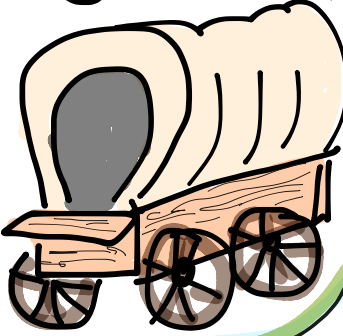
Connections
↓ between ↓



KEY EMOTIONS

- 1. love (I want to...)
- 2. duty (I ought to...)
- 3. fear (I have to...)

PP Commit to move from fear to love.



learn to move on

ACTION

Find out what matters to you.

write down your governing values (personal constitution)

VALUES

10-15 mins. to plan your day

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sketchnote by minhngo.ca