

BRINGING OUT THE BEST IN YOU.

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INTRODUCTION

- Introduction:
- Steps to happiness
 - For an hour
 - For a day
 - For a month
 - For a year
 - For a life time
- The Irish Pig
- The Dalai Lama

BE Your Best

Take a nap and other things...

- Take care of yourself physically
- Take care of yourself medically
- Take care of yourself emotionally... what are you thinking?
- The search for happiness...

Social Medicine-good and bad...
Get up and go out...

- For you and for others...
- No candle under a bushel
- How do we relate to others... bringing out the best in them
- Lift their spirits...

The Fountain of youth

- What do I have left?
- Learning...
- Living forever.....parent, teacher, mentor

Marriage, home-mates, parents,
friends, co-workers and others

- The term "significant others"...
- Married and home-mates...
- Parents
- Friends
- Co-workers
- Others... individuals
- Others groups... the terms "love, hate and tolerate"

Believing in you and intrinsic motivation

- You know so much more...
- Be still....
- Think...
- Do not compare yourself to others
- Inspiration
- Motivation...

Win the lotto...

- Numbers and more numbers... what have we done with it?
- The slavery...
- Things vs. experiences.
- Wise investments

The joy of not being the only one on the planet

- Service leadership brings out the best in you at home and at work.

Conclusion

- Happiness is yours to have...
