



A short guide  
to living more  
meaningfully.

Take time to BE YOU and

# RENAME YOUR MOMENTS

## TAKE ON THE CHALLENGE

THINK CREATIVELY AND RENAME YOUR MOMENTS

Go about your day as you usually would - but keep in mind your values (these are the things that you value the most in your life. The things that are non-negotiable and bring you joy).

Every moment and every decision you make is an opportunity for you to come out of autopilot, be intentional and live your values.

So for instance, if your top 3 values are *'learning - love and commitment'* and you are about to do your usual one-hour bus commute home, view (use) this time as an opportunity to live your values.

Rather than focusing on the fact that you are *'doing a one-hour commute'*, **rename this hour** - call it your learning hour - put on an audiobook or take a book with you and use this hour to learn something new. Or give yourself permission to check Facebook and all social media that keeps you connected to loved ones. Message your friends and family and use this hour to really show them how much you love them - thus really living your value of *'love'*.

You don't have to live every moment this way - but imagine how you'd feel if you try to keep this in mind and live this way at least 25% of the day!. By the end of each day you'll be 25% happier knowing that you were doing more of what really matters to you.