



5 Tips For Contentment



1. Celebrate All That You Have

Bet It's More Than Almost Everyone Else On The Planet Has!

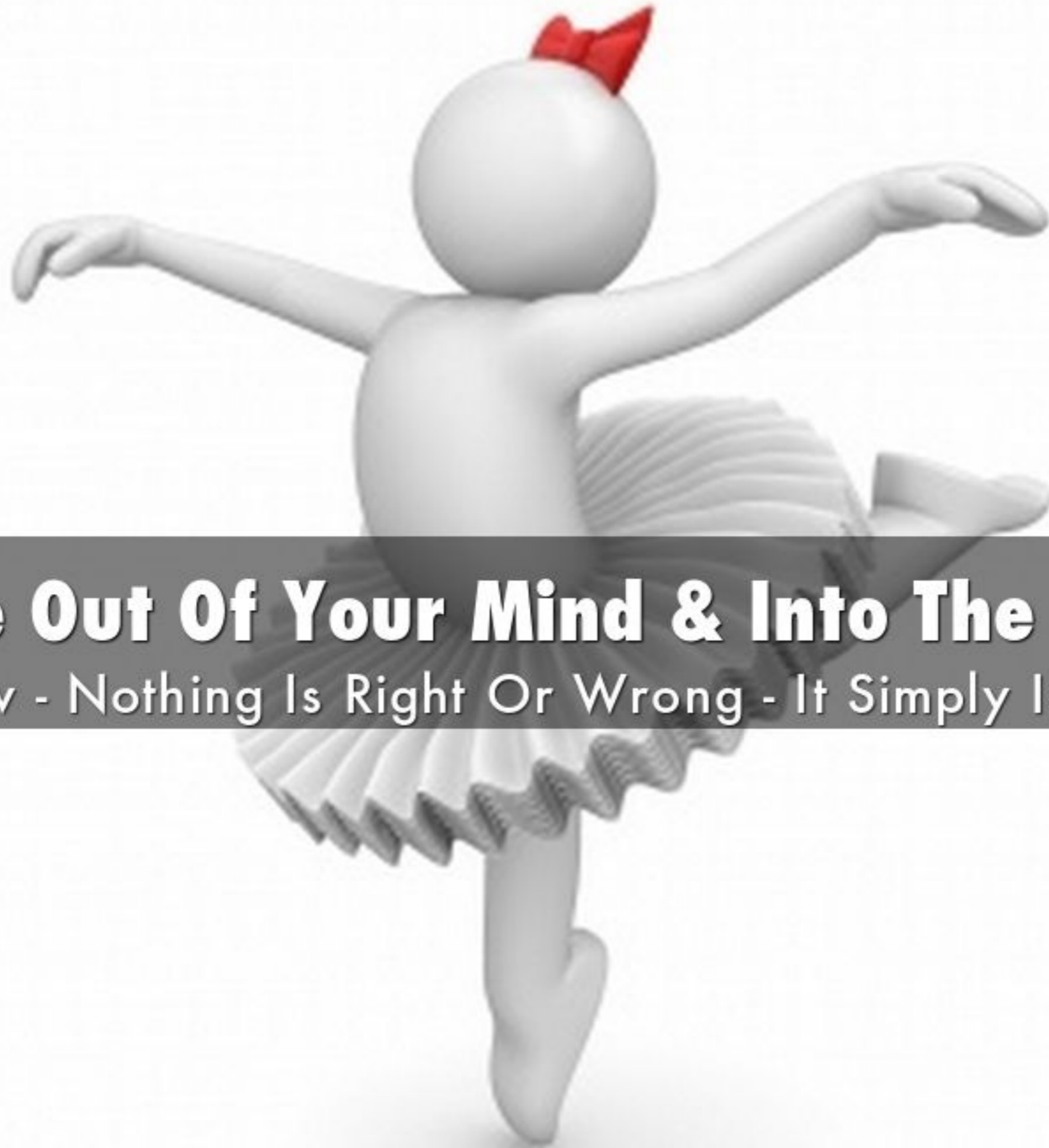


**2. Interrupt The Habit Of Comparing Yourself With Others
Because You're Perfectly Imperfect As You Are**

A 3D white figure stands in the center, holding a large green pencil with a gold band and an orange eraser in its right hand. In its left hand, it holds a blue clipboard with a silver clip at the top. The clipboard has a white sheet of paper with a checklist. The checklist consists of three blue square boxes, each containing a green checkmark. The background is plain white.

3. Imagine You Always Have What You Need

What You Assume To Already Be True Can Become True



4. Come Out Of Your Mind & Into The Moment

In The Now - Nothing Is Right Or Wrong - It Simply Is What It Is

A 3D illustration featuring two white, featureless human figures. One figure is positioned on the left, climbing a thick red rope that curves upwards. The figure is holding onto the rope with both hands and has one foot planted on it. A second white figure is on the right, standing on the ground and looking up at the climber. This second figure is holding a black briefcase. A thin black line, possibly a rope or cable, extends from the top of the frame down to the second figure's hands. The background is plain white.

5. Exercise Your Right To Remain Undisturbed

No Matter What Unfolds, Relax 1st & Respond 2nd



Bonus Tip: Contentment Is A State Of Mind

AND It Breeds The Kind Of ACTION That Changes The World

A 3D white figure stands with its arms outstretched, balancing the words 'LIFE' and 'JOB' on its hands. The words are in large, bold, red, sans-serif capital letters. The figure is a simple, rounded, white humanoid shape with a large head and small feet. The background is a plain, light gray gradient.

LIFE

JOB

**For More About The Paradox of Contentment & Action
Visit www.RaginiMichaels.com/blog**



Inspired?

Create your own Haiku Deck presentation on SlideShare!

GET STARTED

