

Life is Good

It's a matter of perspective



We medicate with the big four (4)

1. Over eating
2. Alcohol
3. Porn
4. Drugs- pot, cigarettes, coffee to stay up and sleeping pills to go down.

How are you managing these 4 areas of life? (Quadrants of Life)

Spiritual	Physical
Emotional	Mental

T > F > A > = R

How you **think** leads to how you _____

How you **feel** leads to how you _____ or react

How you **act** or react leads to your _____ in life

“If you’re going to see that life is good it starts with how you think”

Write Down 5 things that you’re excited about or are thankful for

1. _____
2. _____
3. _____
4. _____
5. _____

Write down two (2) things in life that is causing you stress or that’s tough to deal with.

1. _____
2. _____

LIFE IS GOOD

It’s simply a matter of your perspective