

# Pillars of Success, Happiness & Wholeness

Philip Michalek June 2017

## Health

- Make eating healthy and exercising a way of life. There is no need for weight loss gimmicks.
- Make regular preventive doctor visits.
- Stay mentally healthy and control your emotions.
- You only have one brain, don't destroy it with smoking, drugs and alcohol abuse.
- Control the stress in your life. Don't worry about things you cannot control and control your fears.
- Forgive and help; remove the anger from your heart
- Don't ever let yourself get obese.

## Self

- Maintain a positive optimistic attitude.
- Practice self-control and self-discipline.
- Develop a thirst for specialized knowledge. Never stop learning & improving. Listen, read and self-educate.
- Define your passion and goals. Stay determined and follow an organized plan. Never quit.
- Find your talents and develop them. Use your talents for a career, a hobby and volunteer work.
- Keep mentally and physically active.
- Always encourage and support your spouse.
- Be a leader, not a follower. Stay empowered and challenged.
- Helping others will make you feel better about yourself.

## Social

- Develop and support a network of close supportive friends.
- Build good interpersonal skills and a good sense of humor.
- A spouse and family help support healthy self.
- Develop good communication skills. Listen more than talk. Ask others about them.
- Always use a person's name.
- You can learn something from everyone you meet.
- Associate with positive and smart people.
- Creativity, hobbies and travel make you more interesting.
- Have compassion for those less fortunate.

## Financial

- Wealth gives you security, freedom and control of your life.
- Select a career that is in demand, growing and pays well.
  - Work hard and increase career income.
  - Control spending.
  - Increase and automate savings.
  - Reduce debt and use credit wisely.
  - Setup and follow a sound investment plan.
  - Work with a low cost independent financial advisor to help you meet your financial goals.

## Spiritual

- Spiritual activity and a belief in God give you a sense of purpose.
- Spiritual wellness can support a healthy marriage.
  - Spiritual wellness can help you through life's trials.
  - Believe, ask and you will be guided.
  - Trust, honesty, and compassion are important values.
  - Use faith to help support your desire and power of mind.
  - Give back to society.