

Unleash Your Epic Self

THE MAGAZINE THAT TRANSLATES POTENTIAL INTO PURPOSE



DISCOVER

A guide to developing stronger coping skills and using your strengths in new ways.

STRENGTHEN

Featuring ways to grow your mindset and learn to be more satisfied with your life.

UNLEASH

Inside, a practice to help you live within an optimal range of human functioning.



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Translating Potential Into Purpose

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LIFE SATISFACTION

IT'S ALL ABOUT
MINDSET!

“Get up each morning with
the resolve to be happy...
Condition circumstances
instead of being
conditioned by them.”

— RALPH WALDO EMERSON

Discover

Life satisfaction is the overall sense people have that their life is going well. It is made up of:

- The small remembered moments of happiness you have each day, added up over time.
- The expectation of feeling happy in the places you regularly go: school, work, sport, social and community events, and at home.
- Noticing that the circumstances of your life are good and within your control.



TAL BEN-SHAHAR:

“A human being, like a business, makes profits and suffers losses. For a human being, however, the ultimate currency is not money...fame, fortune, or power. The ultimate currency for a human being is happiness.”



THE ULTIMATE EXPERIENCE

People who have high life satisfaction are happy in many parts of their lives. It's not that they are always happy, though. Instead, they have many little boosts of happiness that they take care to notice. When you make it a routine to notice good moments, you can increase your life satisfaction.



If you are happy with your life overall, you may already be noticing the good. Spending time paying attention to your positive life situation can make you even happier. If you want to be more satisfied with your life, there are things that help.

The first step is to focus on the what, when and where of your happiness. Start by noticing the good: in your positive relationships, in the strengths you use for meaningful work and activities, the way you strive for and achieve goals, and the focus you give to what goes well, wherever you are.

Collect your positive moments and remember that they build your well-being balance.



Strengthen

the

POS-EDGE

model

translating POTENTIAL into PURPOSE

Positivity

Optimism & Resilience

Strengths

Emootional Intelligence

Decision-Making & Change

Goal-setting, Grit, Growth Mindset

Exercise & Engagement



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