



MONDAYS

with Mike

Things that will matter a lot less to us in 20 years

The older we grow, the quieter we become and the less pointless drama and chaos we engage in. Life humbles us gradually as we age. We realize how much nonsense we've wasted time on. Here are a few things that Marc and Angel Chernoff have shared in their book, 1000+ Little Things Happy Successful People Do Differently, that we eventually realize matter a lot less than we originally thought:

- **The little failures that you often feel self-conscious about.** When we set goals and take calculated risks in life, we will eventually learn that there will be times when we succeed and when we fail. Both are equally important in the long run.
- **Having complete confidence before taking the first step.** Confidence is that inner momentum that propels us past our self-doubts. We have to step out of our comfort zone and risk our pride to earn the reward of finding our confidence.
- **The temptation of quick fixes.** The older our eyes grow, the more clearly we can see through the smoke and mirrors of every quick fix. Anything worth achieving takes dedicated daily effort.
- **Being in constant control of everything.** The older we get, the more we realize how little we actually control. Learn to trust the journey. Sometimes what we never wanted or expected turns out to be exactly what we needed.
- **Society's obsession with outer beauty.** As we grow older, what we look like on the outside becomes less and less of an issue. Who we are on the inside becomes our primary point of interest. We eventually realize that beauty has almost nothing to do with looks – it's who we are as a person and how we make others feel about themselves.

In closing, this list of actions will help us make life matter to us and others:

Think deeply	Speak gently
Love lots	Laugh often
Work hard	Give back
Expect less	Be present
Be kind	Be honest

Be true to yourself

Have a meaningful start to your week!