

YS

Yitzhak Sasson

Here's a few ideas for imagining a happier life.

Emotional	Financial	Social	Spiritual
Regulated Emotions	Lower Debt	Better Friendships	Daily Learning
Anger Management	Establish Saving Plan	Eliminate Toxic Friends	Personal Prayer
Pursue Hobby	Eliminate Dead Assets	Tighter Family Bonds	Gratitude Journaling
Eliminate Self-Criticism	Asset-Based Investments	Reduce Social Media	Increase Mitzvot
Eliminate Insecurities	Creative Investing	Shalom Bayit	Volunteer / Help Others

Occupational	Environmental	Intellectual	Physical
Improve Work Situation	Better Core Friends	Reading / Audio Books	Exercise Routine
Self-Employment?	Tidy Home / Declutter	Online Courses	Yoga / Stretching
Continue Education	Gardening	College or University	Eat Healthy Foods
Explore New Career	Nix Background TV	Cultural Experiences	Better Sleep
Pursue Promotion	Family Quiet Times	Reduce News Intake	Meditation