

# YS

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

<b>Emotional</b>	<b>Financial</b>	<b>Social</b>	<b>Spiritual</b>
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

<b>Occupational</b>	<b>Environmental</b>	<b>Intellectual</b>	<b>Physical</b>
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