



Secrets To Being Happier

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Your Most Important Investment

What is the most important investment you can make? Stocks? Bonds? Real estate? No! There is one investment that is much more valuable...and it will pay a lifetime of dividends! Do you know what it is? Read on to find out.

A farmer was laboring in his field when his neighbor approached him and asked, “You look exhausted, what are you doing?” The farmer grumbled, “I’m sawing down this old rotten tree.” “You’ve been working for hours. Why don’t you take a break and sharpen your saw?” reasoned the kindly neighbor. To which the farmer retorted, “I don’t have time to stop, I’m way too busy sawing!”

In our hectic lives, many of us are too busy to stop and take good care of ourselves. Putting work and others first and ourselves last causes fatigue, stress, resentment, and eventually leaves little energy to take care of anything or anyone.

The most important investment you can make is to preserve and enhance your greatest asset—YOU! The secret to creating a productive, happy, and successful life is to take time regularly to recharge physically, mentally, emotionally, and spiritually.

What have you done for yourself lately? When was the last time you took time to rest, relax, or play? For the next 30 days:

1. Stop each and every day and ask yourself, “What can I do to take better care of myself today?”
2. Schedule at least 30 minutes each and everyday to do something just for you.

The time you take to nurture your health and well-being is an investment in your success and happiness. Invest in your most valuable asset—YOU!

“Be aware of wonder. Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work everyday some.”

Robert Fulghum