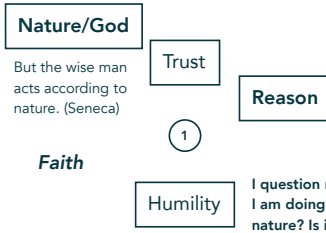
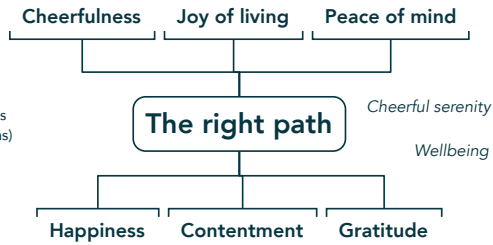


THE WORLD FORMULA

Human life's ultimate goal is happiness. (Thomas Aquinas)



There are two things on which all human well-being and success are based. One of them is that the purpose and goal of action is set correctly, the other is that the action leading to the goal is found. (Aristotle)

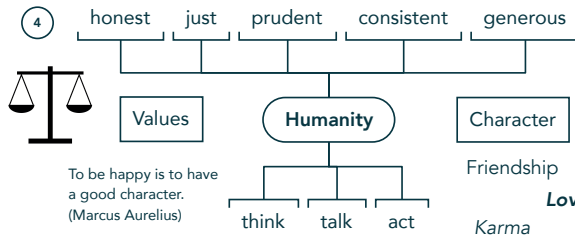


What are my ten most important goals in life? What actions are required to achieve these goals? Successful people are distinguished from others by their actions. They do something. That's why I tackle my carefully formulated goals with everything I've got.

- Mindset**
- Responsibility
 - Optimism
 - Focus
 - Motivation/Discipline
 - Work ethic
 - Creativity
 - Tidiness

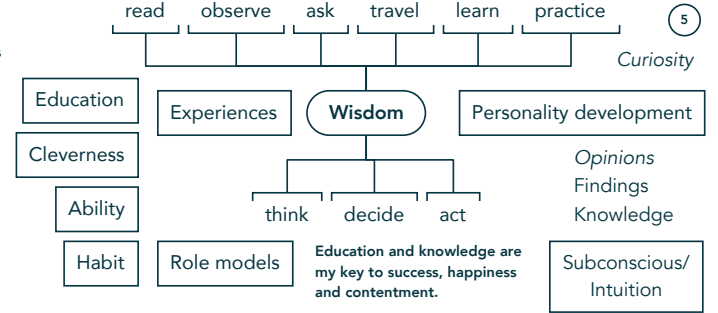
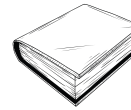
Everything we are is the result of our thoughts. The mind is everything. What we think, we become. (Buddha)

I take full responsibility for my life and always focus on the important things. I am optimistic, disciplined, organized and show full commitment in what I do. I am creative, always developing new ideas.



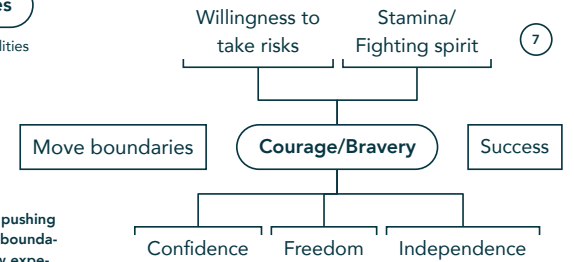
I think very carefully about who I want to be, that is, what values guide my actions in every conceivable situation and thus shape my character. When I am honest, just, prudent, consistent and generous in my thoughts, words and actions, I make this world a better place.

The wise man forms himself. (Buddha)



Virtues

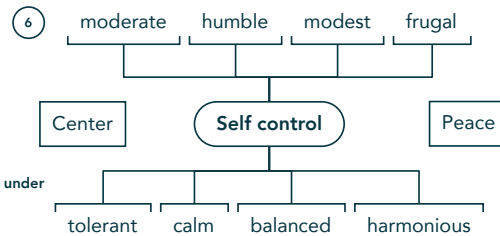
Praiseworthy qualities we call virtues. (Aristotle)



Only by regularly pushing my own personal boundaries can I gain new experiences. This brings me self-confidence, independence and freedom.



Man is not a tree. If he is in the wrong place, he should look for another. (Buddha)



Health/Energy

- Exercise
- Not smoke
- Drink alcohol moderately
- Eat 5 servings of fruit + vegetables

An excellent character always chooses the middle path. (Aristoteles)

When you are depressed, you live in the past. When you are afraid, you live in the future. When you are at peace, you live in the now. (Lao-Tse)



The cause of all suffering is our desire. When I detach myself from desire by accepting reality as it is, I free myself from suffering.



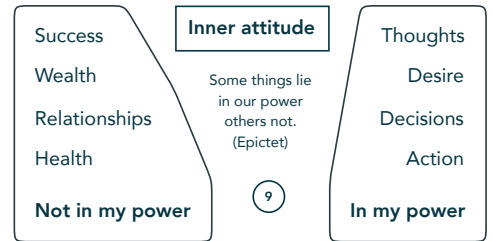
Problems
Causes
Measures
Decision
Action

- Sunshine
- Hiking
- Toast Hawaii
- Music

Hope



My happiness does not depend on external circumstances, but on how I perceive the circumstances, how I classify them and react to them. The right inner attitude provides for happiness and balance.



Influence Acceptance Control



Silence

Seek stillness and take the time and space to grow into your own dreams and goals. (Buddha)

I always have the opportunity to retreat into my innermost self in order to re-ground and to orientate myself.