

95 Year Old Exercise

If you were 95 years old, were drawing your last breath and you were given a beautiful gift, to go back in time and help this person have a better life.

What advice would you give this person (you) to be more successful personally and professionally?

Then write a list of what counts and what doesn't count.

The elderly people who were interviewed said:

Be happy now. Don't put it off until later.

Don't get wrapped up in what you don't have. Focus on what you do have

What is important is family and friends

Have a dream and go for it.

Business Advice: help people and go for it.