

# THE KEY TO MEANING IS PURPOSE

Happiness comes and goes—like money, but meaning and purpose remain. Lift yourself above the New York City hustle and bustle by finding "flow". Flow is the psychology of optimal experience, it's when you are "in the zone" as a tennis player or athlete. When you are in a state of mind when you lose your sense of all time and place, and everything falls like dominos in the right direction. It's when it clicks, when the aces happen and the serve "pops", and when you find the sweet spot in your form and energy.



## MOMENT BY MOMENT

How can you experience life the way you want to experience it?

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## DESIGN YOUR PURPOSE

How does one find or create his/her calling?

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## LIFE IS WORTH LIVING

Does money define happiness? If yes, to what point?

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*You are unique.  
Nobody else is you.*