



**STAY ALIVE
ALLY OUR
LIFE**

**HARNESSING THE EXTRAORDINARY
POWER OF PURPOSE**

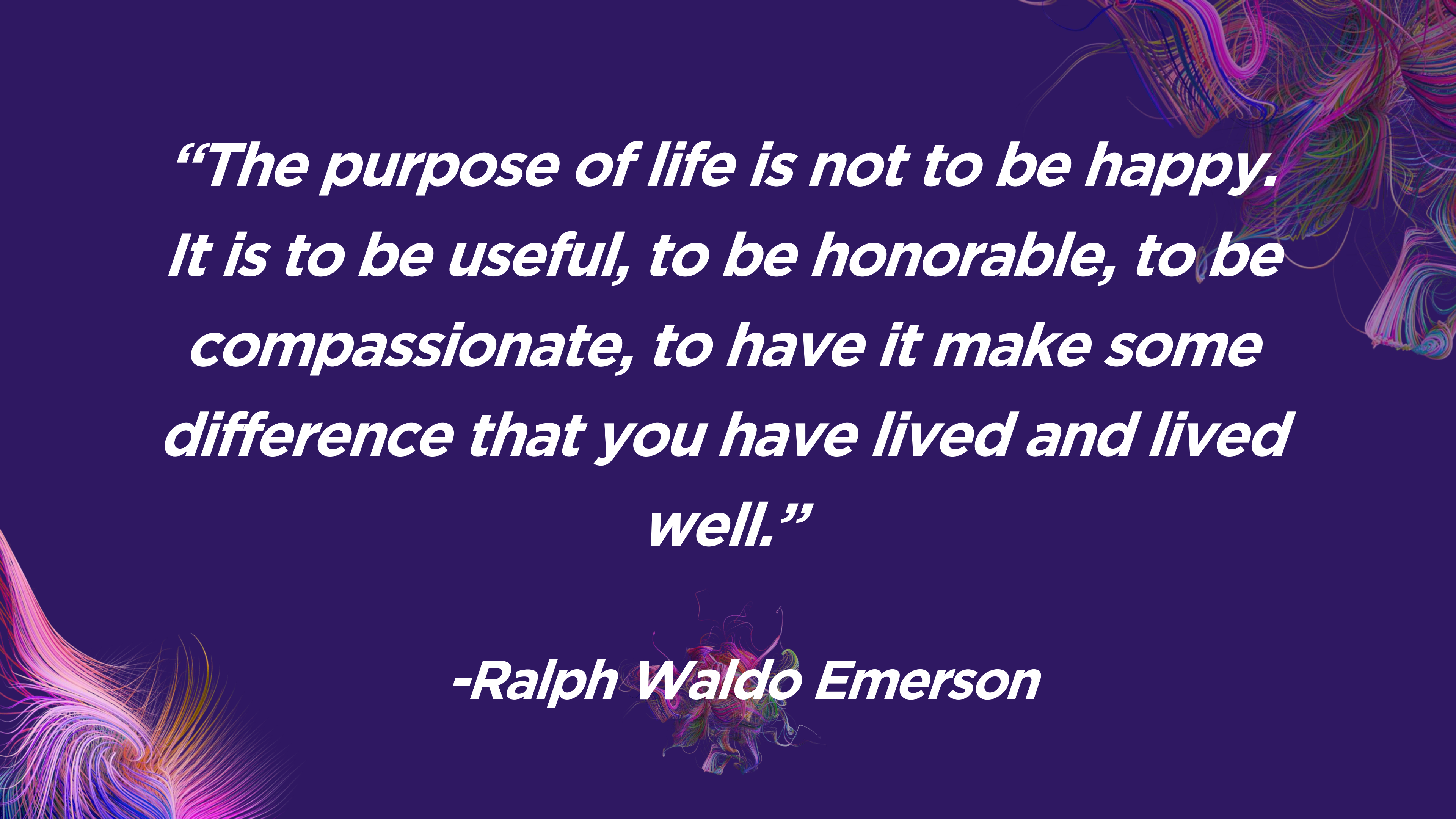




***“The mass of men lead lives
of quiet desperation.”***


- HENRY DAVID THOREAU

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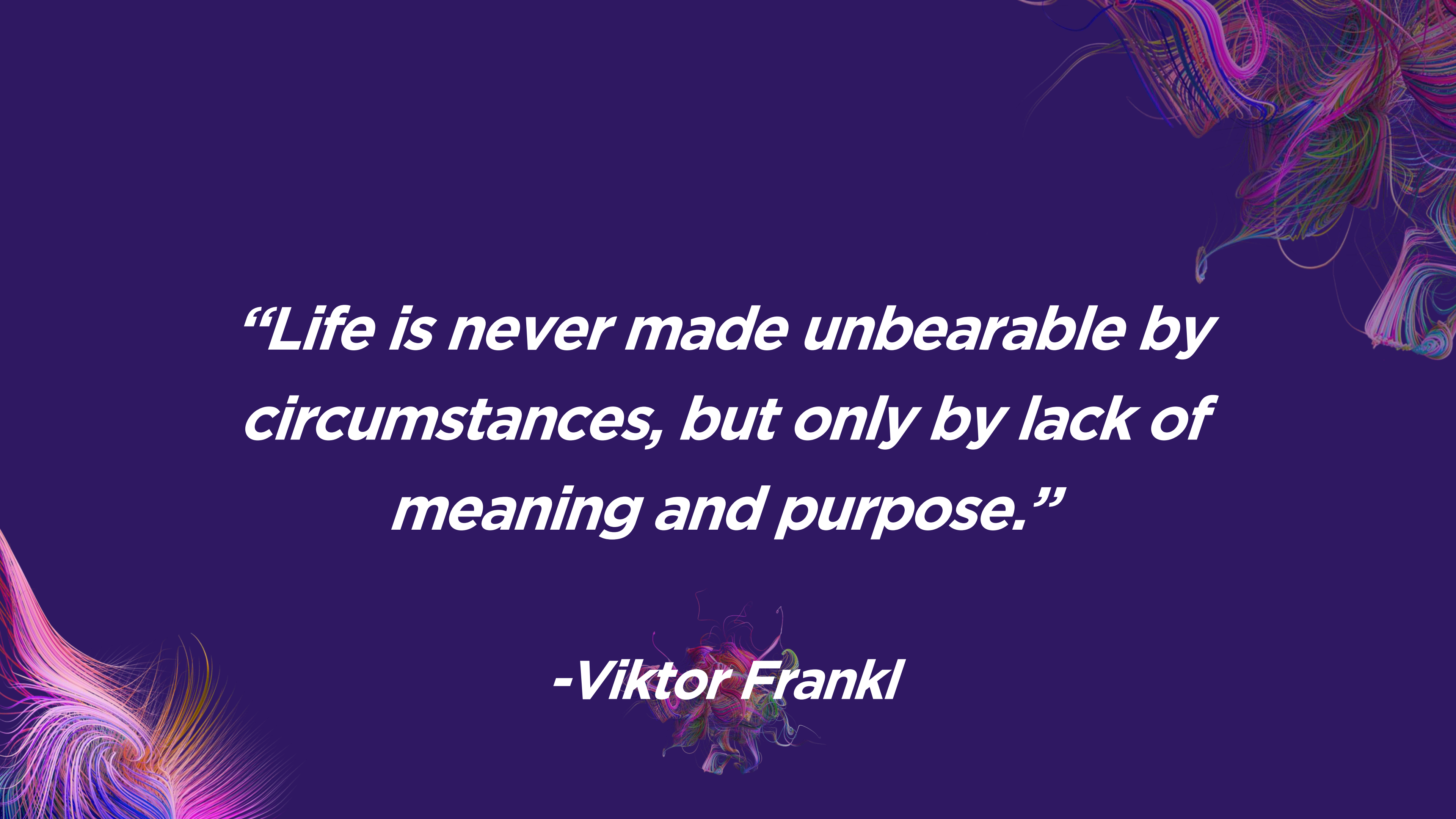
***“The purpose of life is not to be happy.
It is to be useful, to be honorable, to be
compassionate, to have it make some
difference that you have lived and lived
well.”***

-Ralph Waldo Emerson



“Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.”

-Helen Keller



“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

-Viktor Frankl



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1.
**Tame your
Tongue.**



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The background features decorative, colorful, swirling lines in shades of purple, pink, blue, green, and yellow, primarily concentrated in the corners and sides of the page. The central text is in a bold, dark blue font.

2. Live With the End in Mind.

A small, intricate graphic of multi-colored swirling lines, similar to the background decorations, positioned behind the website address.

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**1. By the end of my life, I
want to be known for
my...**

2. Am I on the right track?



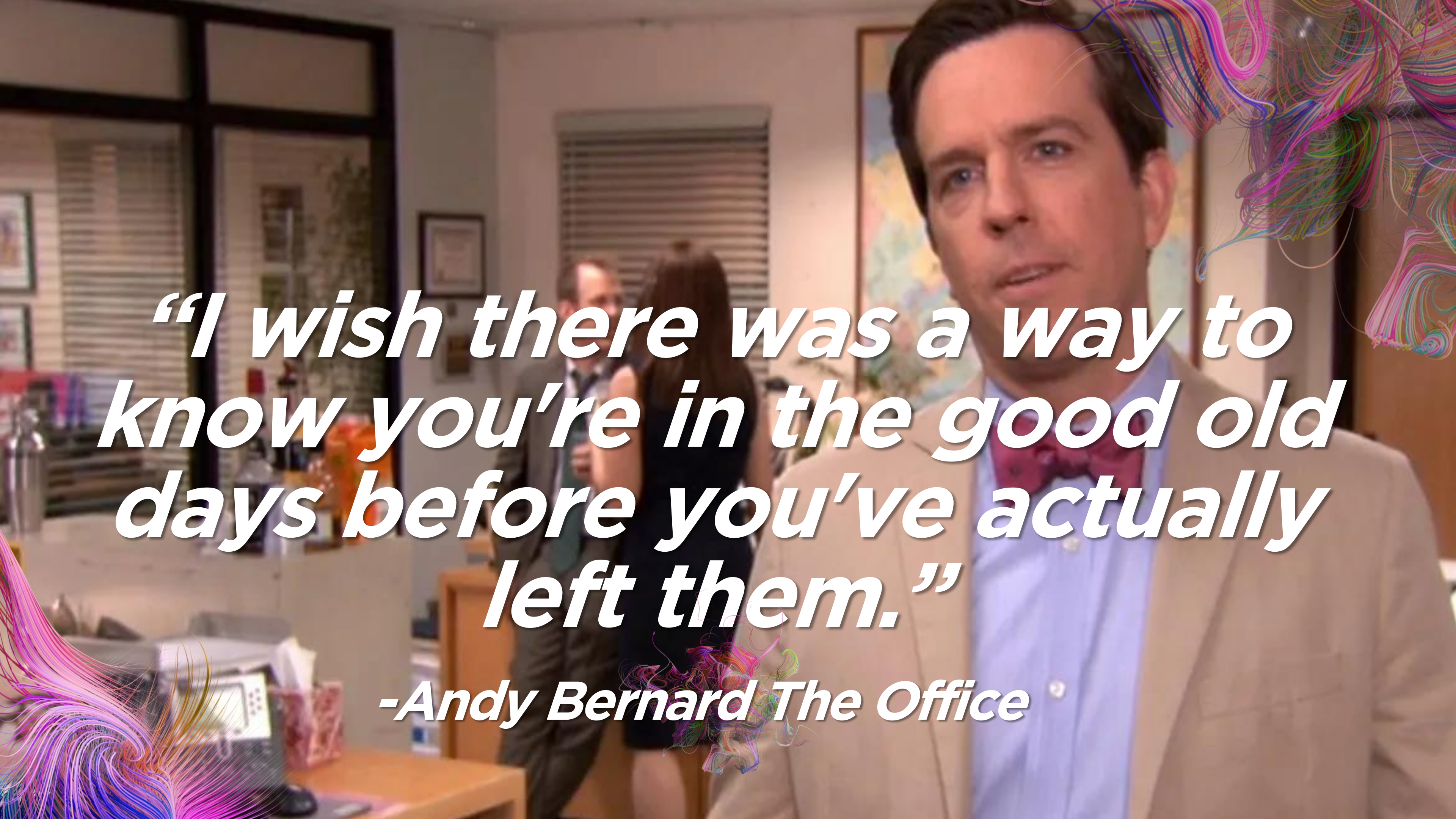
5 Minutes



3.
**In All Things, Be Filled
With Gratitude.**



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A still from the TV show 'The Office' featuring Andy Bernard. He is in the foreground, wearing a light-colored suit jacket, a light blue shirt, and a purple bow tie. He has a thoughtful expression. In the background, a woman in a black dress is talking to a man in a suit. The office environment includes desks, a printer, and framed pictures. The image is decorated with colorful, abstract, swirling line art in shades of purple, blue, and pink in the corners.

“I wish there was a way to know you’re in the good old days before you’ve actually left them.”

-Andy Bernard The Office



4.
**Each Day, Give of
Yourself More Than You
Ever Have Before.**

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***“A positive attitude is the
secret weapon of the
underdog.”***

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- 
- 
- 1. Am I a *pond* or a *river*?**
 - 2. One thing I can decrease**
 - 3. One thing I can increase**



5 Minutes




5.
**Blame No One But
Yourself.**



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The background features decorative, colorful, swirling lines in shades of purple, pink, blue, green, and yellow, primarily concentrated in the corners and sides of the page.

6. Develop a Burning Desire.

A small, intricate swirl of multi-colored lines (purple, pink, blue, green, yellow) centered below the text.

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7.
You Must Take Action.



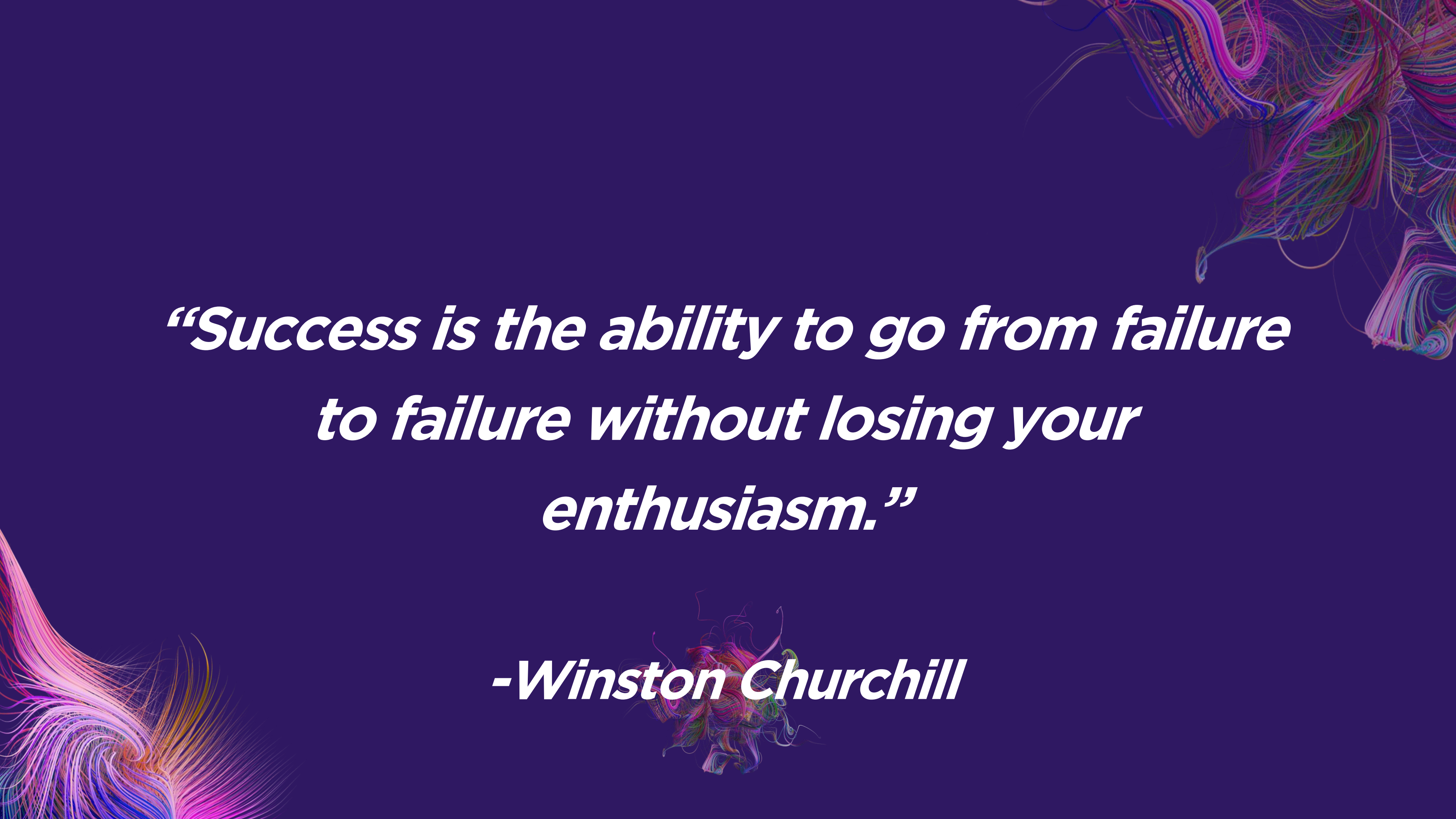
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The image features decorative, colorful, swirling lines in the corners. The top-left corner has purple and pink lines. The top-right corner has yellow and green lines. The bottom-left corner has blue and purple lines. The bottom-right corner has green and blue lines. In the center, there is a small, colorful, abstract graphic of tangled lines.

8. Always Persist.

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***“Success is the ability to go from failure
to failure without losing your
enthusiasm.”***

-Winston Churchill



9.
**You Are a Creature of
Habit.**



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The image features decorative, colorful swirls in the corners. The top-left corner has purple and pink swirls. The top-right corner has yellow and orange swirls. The bottom-left corner has blue and purple swirls. The bottom-right corner has green and blue swirls. In the center, there is a small, colorful, abstract swirl graphic.

10. Love Will Set You Free.


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11.
**You Must Choose to
Believe.**



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***“I wish I’d had the courage to
live my life true to myself,
not the life others expected
of me.”***

THE TOP 5 REGRETS OF THE DYING

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Connect With Michael

Instagram: @TheMichaelIvanov

Website: www.SPEAKLIFE365.com

