

Hi!

I'm Thomas.

Life is a stream of moments.

**What was your favorite
moment this week?**

Folding laundry

=

Not such a great moment

**Folding laundry
+ best friend
+ Newcastle
+ Empire Strikes Back
=
Great moment!**

Figure out what sort of moments are your favorite.

What do you love?

What are your passions?

What do you believe?

**Maximize your favorite
sort of moments.**

Be thankful for those moments.

Gratitude leads to happiness.

**Can you have a great moment
in a bad situation?**

**Jenny asks Forrest:
“Were you scared in Vietnam?”**

**“Yes. Well, I-I don't know.
Sometimes it would stop
raining long enough for the
stars to come out...
And then it was nice.”**

**What do you wanna do
with your life?**

I wanna rock!

-Twisted Sister (1984)

**You'll be working
for a long time.**

Start at age 25. End at age 65.

That's 40 yrs.

50 weeks/year

40 hours/week

60 minutes/hour

4,800,000 minutes.

**How many great moments
will you have?**

**Learn about
day-to-day activities
associated with
your target job.**

**You can put up with anything
for a short period of time.**

**But if you wanna rock,
then rock.**

Don't be a paycheck junkie.

Embrace your natural abilities.

**“...make yourself special,
specialized or adaptable...”**

-Thomas Friedman

“Fear is the mind killer.”

-Frank Herbert

**“Look, if you had one shot,
or one opportunity
to seize everything you ever
wanted - One moment
Would you capture it
or just let it slip?”**

-Eminem

You can do it!
Start now.

**Keep in mind,
your favorite sort of moments
might change over time.**

Be grateful.

Enjoy the journey.

Thank you for this moment.

ThomasGapinski.com