

# A Weekly Newsletter on the **Brighter** Side of Life



## AT WHICH AGE ARE PEOPLE HAPPIEST?

- ✓ 33 Years Old?
- ✓ 55 Years Old?
- ✓ 70 Years Old?

\* **Answer:** All of the above. Each age was #1 in a survey.

ISSUE ONE

INSIGHTS AND IDEAS TO IMPROVE YOUR MOOD

JUNE 2025



## No Excuse

The life we daydream about is what we'd do if we didn't make excuses about why we can't.

Excuses are often false evidence appearing real (F.E.A.R.).

### DO THIS

Google a person who is living your dream.

### DO THIS

Create a dream board to help visualize it.

### DO THIS

Summarize what you want in a sentence.

**1** A negative thought pops into your head. It can't be helped, so...

**2** Quickly replace it with an opposite, positive thought.

**3** Change channels, songs, conversations, or tasks to move on.

## THE UNIVERSE IS MY SIDEKICK

Imagine you had a sidekick to help you in every way and all you had to do was focus on what you want, work on it, and believe it's possible. This is what prosperous people do and it's so simple.



## Structure is Freedom?

Making a list and working that list is the antidote for feeling fearful, out of control, and overwhelmed.

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- Lee is available to **speak**.
- He is also a **coach** and **consultant**.
- Silber's Brand **New Book** is Now Available on Amazon.com.

**Lee Silber** is a professional speaker known for bringing topics to life with customization, humor, audience participation and interaction. Silber is also the author of 26 books, a writing and speaking coach, and book designer.

