
3 Habits That Change Everything

A one-page guide to the framework behind happiness, success, and high-performance relationships.
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You've been told that if you work hard enough, check the right boxes, and chase the right things, you'll be happy and successful. It's not working.

An 80-year Harvard study confirms what you already sense: happiness doesn't come from money, status, or hustle. It comes from good relationships. Period.

Here's how you build them. Three habits. That's it.

They work as one system. None stands alone.

Seek Wisdom

Wisdom is knowledge combined with experience. Understanding the brake pedal stops a car is knowledge. Using it 10,000 times in different conditions until it's instinct—that's wisdom. The more people trust your wisdom, the stronger your relationships.

Start today: Watch one video on something you've been meaning to learn. Then try it—today. That's rep one.

Practice Love

If you think love is soft, catch up. Love is wanting and doing what is best for another—starting with yourself. It's a core skill. When you practice love, that's who you become. That makes every relationship better.

Start today: Practice love intentionally three times today. Something small—give up a parking space, open a door, clean the sink. Mean it.

Get Results

Trust is built on delivery. The soccer player has to make the PK. The parent has to keep the children safe. The leader has to complete the mission. The more people know you get the job done—especially under pressure—the deeper the trust.

Start today: Pick one thing you've been putting off. Finish it today. That's a win.

Wisdom knows what is best. Love drives us to act on it. Results make it real.

This isn't a strategy for part of your life. It's how life works.

Seek Wisdom, Practice Love, and Get Results in your relationships with yourself, with family and friends, at work and in your community until they become habits, your character, who you are — so you naturally develop the relationships that bring happiness and success.

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