

DO THE THINGS THAT MATTER

Start your day by asking yourself: "If I could do just one thing to make my life happy today, what would it be?".
Then make sure you do it.

Things That Matter

S Ashworth



Things That Matter:

Things That Matter Joshua Becker, 2023-12-12 1 WALL STREET JOURNAL BESTSELLER Discover practical steps you can take today to live a life focused on things that matter from the bestselling author of *The More of Less* and *The Minimalist Home* *Things That Matter* points the way to free ourselves from the distractions of everyday life so that we can build the lives we seek to create Gretchen Rubin author of *The Happiness Project* Everywhere around you are distractions That text you respond to quickly just to get it out of the way The newest money making side hustle to cross your mind The evening spent organizing your overflowing kitchen cupboards Disruptions are the enemies of a life well lived both the new distractions of our generation and timeless ones that have existed for centuries They all add up to make you feel restless tired and unfulfilled They re keeping you from living with joy from accomplishing the good that only you can do But that can change today In *Things That Matter* Joshua Becker uses practical exercises questions insights from a nationwide survey and success stories to give you the motivation you need to identify the pursuits that matter most to you align your dreams with your daily priorities recognize how money and possessions keep you from happiness become aware of how others opinions of you influence your choices embrace what you re truly passionate about instead of planning that next escape figure out what to do with all those emails notifications and pings let go of past mistakes and debilitating habits *Things That Matter* is a book about living well It s about overcoming the chatter of a world focused on all the wrong things It s about rethinking the common assumptions of today to find satisfaction and fulfillment tomorrow How do we get to the end of our lives with minimal regrets We set aside lesser pursuits to seek lasting meaning And we discover the joy of doing it every day

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The Sermons of Henry Ward Beecher in Plymouth Church, Brooklyn Henry Ward Beecher, 1872

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