



Doing what
you LOVE

As your
WORK

Work-Love Balance
Taking steps towards creating
your dream business

Free Zoom Talk with Bryan
Open to public, students & grads
October 1, 9:00-11:00AM EST



WORK-LOVE BALANCE

DOING WHAT YOU LOVE, AS YOUR WORK

HOW TO TAKE STEPS TOWARDS CREATING YOUR DREAM BUSINESS.

BRYAN RUSSELL - SADHANA YOGA SCHOOL

WWW.SADHANAYOGA.COM



www.sadhanayoga.com

“90% of our happiness is how we perceive the world.
10% is our circumstances in the world.”

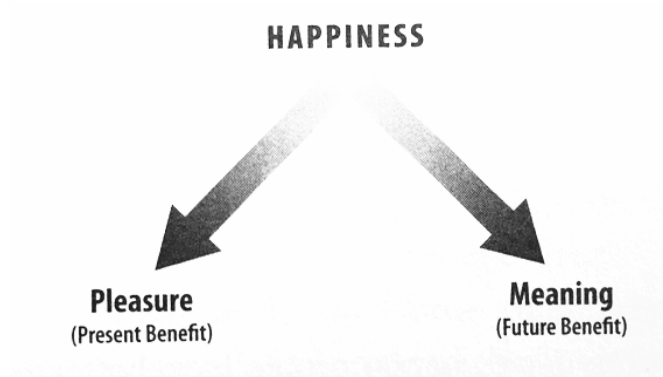
What do you do for work?	What do you love to do?
Are they different? Why?	
What fears come up?	

Define Happiness For Yourself - beyond what our culture, society, family, & friends say is happiness.

What is the equation for happiness?

Happiness is then we are doing things that Have Meaning & Bring us Pleasure

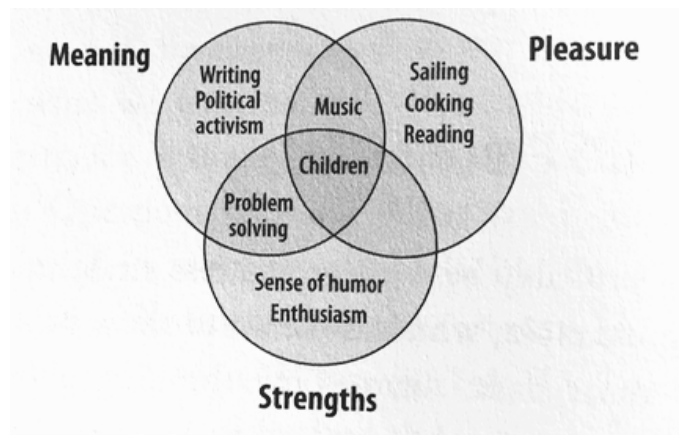




What is your equation for Happiness?

Exercise: Meaning Pleasure Strength

1. What gives me meaning? In other words, what provides me with a sense of purpose?
2. What gives me pleasure? In other words, what do I enjoy?
3. What are my strengths? In other words, what am I good at?
4. Create a venn diagram similar to the one above showing the overlapping items.
5. Can you craft your current work to have more meaning? What changes can you introduce?



What are you going to do for your work?

Get in the state of inspiration & possibility

What do you want to Create?
Set some Goals, 1 month, 6-months, 1 year.
What Action can you take towards these goals?
What can you do right now? In this moment....do it now.

Get help from friends and community and professionals

