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McKinley, 2007



North Pole, 2008



Elbrus
2005



Aconcagua
2008



Mt Everest
2010



Carstensz
Pyramid
2007



Kilimanjaro
2003



South
Pole
2008



Vinson Massif
2007

GET EXCITED!

10 Tiny Steps to Make Every Day More Exciting





3.

JOIN A COMMUNITY THAT INSPIRES YOU

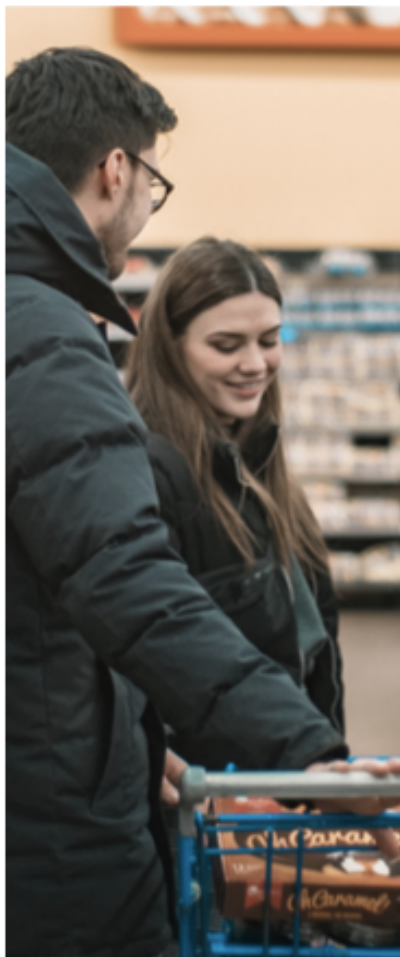
Join a group or community of like-minded people that share similar goals/interest. You could gain knowledge, ideas, perspectives, connections, or simply emotional support.

Examples: Self help, hobby, fitness, extra curricular, learn something together, networking

DO AN ACT OF SERVICE UNEXPECTED FOR SOMEONE

Helping others gives ourselves more meaning of our life and brings us more joy.

Examples: Offer to do a clean or repair job for your neighbor; offer to do grocery shopping for elderly people in your community; Deliver a product/service to your client ahead of schedule or beyond what was asked for.



6.

SEND SOMEONE A GIFT

A gift to others is a gift to your own soul.

Examples: A card or thoughtful gift for someone who is living isolated or feeling down because of life circumstances; Add a bonus gift to your customer's order.



<https://JourneyWithLei.com/FreeGift>

Facebook Group: Motion212



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