

JAMES SCHRAMKO

S.O.U.L.M.A.P.P.I.N. - A 10-Point Checklist for Living a Fulfilling Life

"Happy hustler" Cary Jack breaks down a soulful existence into 10 elements:

- 1. Selfless service:** Prioritize altruism by dedicating time, money, and expertise to benefit others. Regularly evaluate if you're living for self-interest or serving other people.
- 2. Optimized health:** Maintain physical, mental, and emotional well-being. Regular check-ups, staying active, and keeping an eye on your health metrics can help achieve this.
- 3. Unplugged digitally:** Intentionally regulate your tech use. Consider occasional "dopamine detoxes" and avoid screen addiction, especially for young children.
- 4. Loving relationships:** Foster meaningful connections and prioritize emotional fulfillment in relationships. Be proactive in addressing any challenges in your personal connections.
- 5. Mindful spirituality:** Cultivate a connection to something greater than oneself, whether through religious practices, meditation, breathwork, or nature connection.
- 6. Abundance financially:** Achieve a stable financial foundation - practice wise saving, investing, and spending. Balance this with gratitude and contentment, avoiding the trap of constantly wanting more.
- 7. Personal development:** Commit to continuous learning and evolution. Be selective in the media and influencers you engage with.
- 8. Passionate hobbies:** Dedicate time to personal interests without guilt. Recognize that creative insights often emerge during these moments of relaxation.
- 9. Impactful work:** Engage in work that combines personal passion with positive societal impact. Clarify the problems you aim to solve, your target audience, and your unique approach.
- 10. Nature connection:** Build a relationship with nature for personal well-being and environmental consciousness. Support eco-friendly initiatives and prioritize sustainable living.

Get more of Cary's "happy hustle" philosophy at thehappyhustle.com

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