

# Did you forget?

While you celebrate Labor Day this weekend, it's a great time to remember how important it is to simply enjoy life!

As your partner in success, we want to remind you of that this week in your Weekly Winning Resource all about the word enjoy. There is certainly no shortage of wonderful quotes like, "Enjoy the journey", "Dream big, enjoy life", "Enjoy every moment", just to name a few! With so much positive information about how important it is to enjoy life, why do we find ourselves grumbling a lot of the time and hoping for a brighter day. There really are so many things to enjoy right here, right now. Most of us know that taking time to slow down and enjoy life is important, but still most of us rarely do. The truth is, learning how to enjoy life does take intention and practice. Research shows that only about 10% of life's enjoyment actually depends on our situation. If that's true, then we have more control than we may think.

Every moment of your life is precious and when the moment is gone, it's gone forever. Each moment you live choosing to carry unforgiveness, anger, worry, and guilt hinders your ability to live every second to the fullest and enjoy your life. So, don't forget to make the most of every moment you have and really enjoy it.

## Your Weekly Winning Word:

### Enjoy:

*To take pleasure or satisfaction in; have a good time.*

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## **Your Weekly Winning Article:**

We found this great recording from spring of 2020 when we had to cancel our conference because of the shelter in place mandate. This was a very scary time for us since everything we did was in person. Kim found a way to enjoy the moment and make the most out of what we had. This was our first attempt at “virtual” and we called it the “unconference”. We thought you would enjoy the humor and just enjoy being inspired. If you listen closely, you will pick up 8 things you can do to help you enjoy life more. Write them down while you are watching to see how many you catch. Hint: Watch to the end and you will see a slide with them listed.

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## **Your Weekly Winning Challenge:**

Enjoy a morning of encouragement, learning, and community with your fellow I’ve Decided members at our last Motivational and Leadership Conference of 2021. The time is now to finish the year strong and we have an awesome morning planned to give you the tools to do that. If you haven’t already, your challenge this week is to get signed up and plan to attend. You can sign up now at <https://ivedecided.org/our-mission-is-your-success/> and be sure you’re logged in as a member when you register so that your discounts will apply.

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## **Your Weekly Winning Quote:**

**“It’s not how much we have, but how much we enjoy that makes us happy.” ~Charles Spurgeon**

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If you find that it's almost impossible for you to enjoy the moments of your life, maybe it's time for a coach to help. If you haven't upgraded yet, consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here:

[Learn More – Success Partners](#)

**Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?**

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**WE NEED YOUR HELP...**Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

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Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here and it will direct you to our website to watch! [Past Recordings – Members Only](#)

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