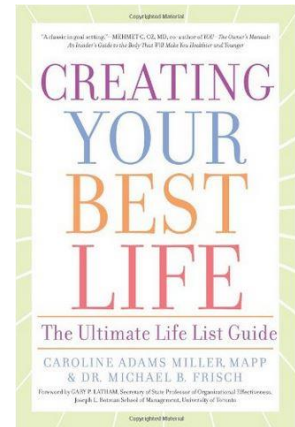


## **Create Your Best Life**

### **How to Identify and Pursue the Most Meaningful Goals with Grit**

Studies have found the happiest people are those who wake up every day to clear-cut goals that provide their lives with meaning and purpose. Their goals are usually quite difficult; however, they don't quit or make excuses. Instead, they rely on the characteristic of "grit" to overcome and thrive. Grit is defined as "passion and perseverance in pursuit of long-term goals." In this session, positive psychology expert Caroline Adams Miller, MAPP shares her unique, comprehensive and evidence-based approach to helping you create and accomplish any goal on your list. You will learn the power of goal setting and grit to drive happiness and success in your professional and personal life.



After attending this session, you will be able to:

- Set learning and performance goals – and why each matters, as well as the most common mistakes that derail almost everybody
- Identify your “web of influence” and know who should and should not be in it
- Start using the environment to trigger positive habits and goal success
- Cultivate grit in yourself and use it as your “secret to success”

**FORMAT:** 45-60 minute keynote; half and full-day workshops are available, as well

**IDEAL AUDIENCE:** Anyone who is required to create and accomplish goals in their job or wants to create a better life for themselves. Specific audiences have included: Leaders, Women's Groups, Universities, Schools, Entrepreneurs, Sales Teams, Athletic Groups, Multi-level Marketing Distributors, and Professionals such as Lawyers, Financial Advisors and Accountants.

**WHAT MAKES THIS PRESENTATION UNIQUE:** All of Caroline's keynote presentations and workshops offer insightful scientific research, applicable examples, and powerful stories (including from her own personal journey); and, leave her audiences with tangible takeaways and actions they can use to accomplish their goals and drive happiness and success in their professional and personal life.

# CAROLINE CAROLINE ADAMS MILLER, MAPP

## ABOUT THE PRESENTER:



For almost three decades Caroline Adams Miller, MAPP has been a pioneer with her ground-breaking work in the areas of goal setting/accomplishment, grit, happiness and success. She is recognized as one of the world's leading positive psychology experts on this research and how it can be applied to one's life for maximum transformation and growth.

Caroline is the author of seven books including [\*Positively Caroline\*](#), [\*My Name is Caroline\*](#), [\*Creating Your Best Life\*](#) and [\*Getting Grit\*](#). *Live Happy Magazine* named *Creating Your Best Life* one of the top ten goal-setting books ever published and *Getting Grit* one of the ten books that will change your life in 2017.

She has been featured in hundreds of magazines, newspapers and other media around the world including *The New York Times*, *The Washington Post*, *USA Today*, *U.S. News & World Report*, *ABC*, *CBS*, *NBC*, *NPR* and *CNN*.

Caroline's TEDx Talk on grit, "The Moments That Make Champions," has received great reviews. Caroline works with clients around the world including: Booz Allen, Young Presidents' Organization, Morgan Stanley, WorkHuman, lululemon, Harvard Law School, Brown Brothers Harriman & Co, The Wharton School/UPENN, Swisse Wellness, RE/MAX and the Canadian Positive Psychology Association.

## Here is a sample of what others have said about her presentations:

*"Caroline Miller's presentation, *Creating Your Best Life for Success*, captivated the people who attended the January Positive Business DC Meetup. Her engaging style brought goal setting to life, and enabled us to experience how setting 'unrealistic' goals can actually transform one's life in unexpected and rewarding ways. The feedback we've received from this Meetup has been off the charts. To sum the experience in a single word? Inspirational!"*

**Marcia Moran, co-founder Positive Business DC**

*"The audience sat spell-bound, engrossed and engaged as Caroline led us through a presentation and fascinating interactive group discussions focused on helping us capture insight into what our actual happiness drivers are. You know that you have presented a home-run program when you receive feedback like this from one of our attendees: I Just wanted to tell you that last night's PowerUp Your Happiness was the best program I have ever seen at an association event."*

**Cynthia de Lorenzi, Chairman & Founder, Success in the City**

*"Where did we find this gem? Fabulous! Caroline was spectacular, engaging and gave us practical tips that we can put to use right away. I loved this speaker, and I don't say that about most speakers. She was first-class and scientifically sound. I will be better at what I do because of her talk. "*

**National Association of Professional Organizers**