



Creating Your Best Life:

How to Identify and Pursue Meaningful Goals and Live a Life With No Regrets

Happy people wake up every single day to clear-cut, hard goals that provide their lives with meaning and purpose. They go outside their comfort zone, with no guarantee of success. They don't quit or make excuses. Instead, they rely on the characteristic of "grit" to overcome challenges and achieve their goals. In this talk, Goals & Grit™ expert Caroline Adams Miller connects research on goal setting with the science of positive psychology. She provides evidence-based knowledge and exercises to help attendees assess and use their character strengths, set bigger goals, and cultivate grit to drive happiness and success in their professional and personal lives.

After attending, participants are able to:

- Create a personal life list using a vision of their "best possible future self" with an understanding of why it is important to flourishing;
- Set challenging and specific goals (learning and performance) and avoid the most common mistakes that derail progress;
- Cultivate grit to help them stay resilient and persevere in the face of difficulty; and
- Establish accountability and a positive "web of influence".

FORMAT OPTIONS: 45-60 minute keynote; half-day and full-day workshops

IDEAL AUDIENCE: Anyone wanting to live their dream life and enhance their own well-being. Specific audiences have included: entrepreneurs; YPO groups; multi-level marketing distributors; commissioned sales people; women groups; professionals such as lawyers, financial advisors and accountants.

ABOUT YOUR PRESENTER:

Caroline Adams Miller, MAPP is one of the world's leading positive psychology experts on Goals & Grit™. Caroline is passionate about helping people get more grit, achieve their goals and find happiness. She's spent more than 30 years helping individuals, leaders and companies to achieve their goals. Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is the author of six books, including *Getting Grit* (Sounds True 2017) and *Creating Your Best Life* (Sterling 2009). Caroline's work has been featured in *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR* and *CNN*.



Here is a sample of what others have said about Caroline's presentations:

Caroline's engaging and thought-provoking presentation on Creating Your Best Life left our team primed to set hard short and long-term goals, push themselves to learn more and get the absolute most out of our whole person wellness and self-leadership programs. Our team felt empowered, invigorated, inspired to embrace grit and Caroline's talk provided numerous light bulb moments I will remember forever. We are so grateful to have been able to share her knowledge and passion with our team.

— Merika Brown, Culture & Engagement Manager, Swisse Wellness Pty Ltd

Caroline provided a framework for thinking about what helps people persevere, and what skills and attitudes they might marshal to maximize success in their personal and professional lives. Interesting and inspiring!

— Marla Allisan, Harvard Law School, Speaker Series in Life & Law

In my 40 years in business, I have never left a presentation with the enthusiasm for both business and life as I did yesterday. She spoke to us for two hours and without exception, every one of my managers wished she could have stayed longer. All I can say is "motivating, incredible and informative."

— Marc S. Berman, President & CEO of Vector Technical