(I'm @toddhenry)

MS-OW SPECTRUM

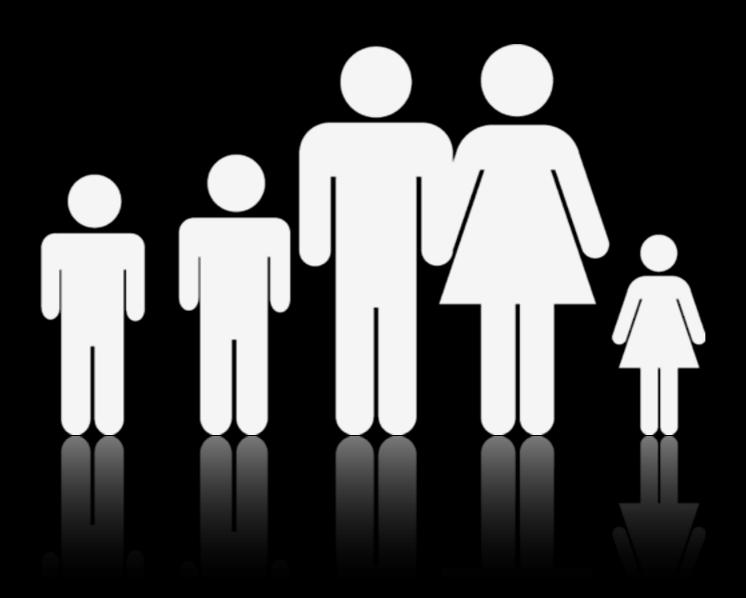




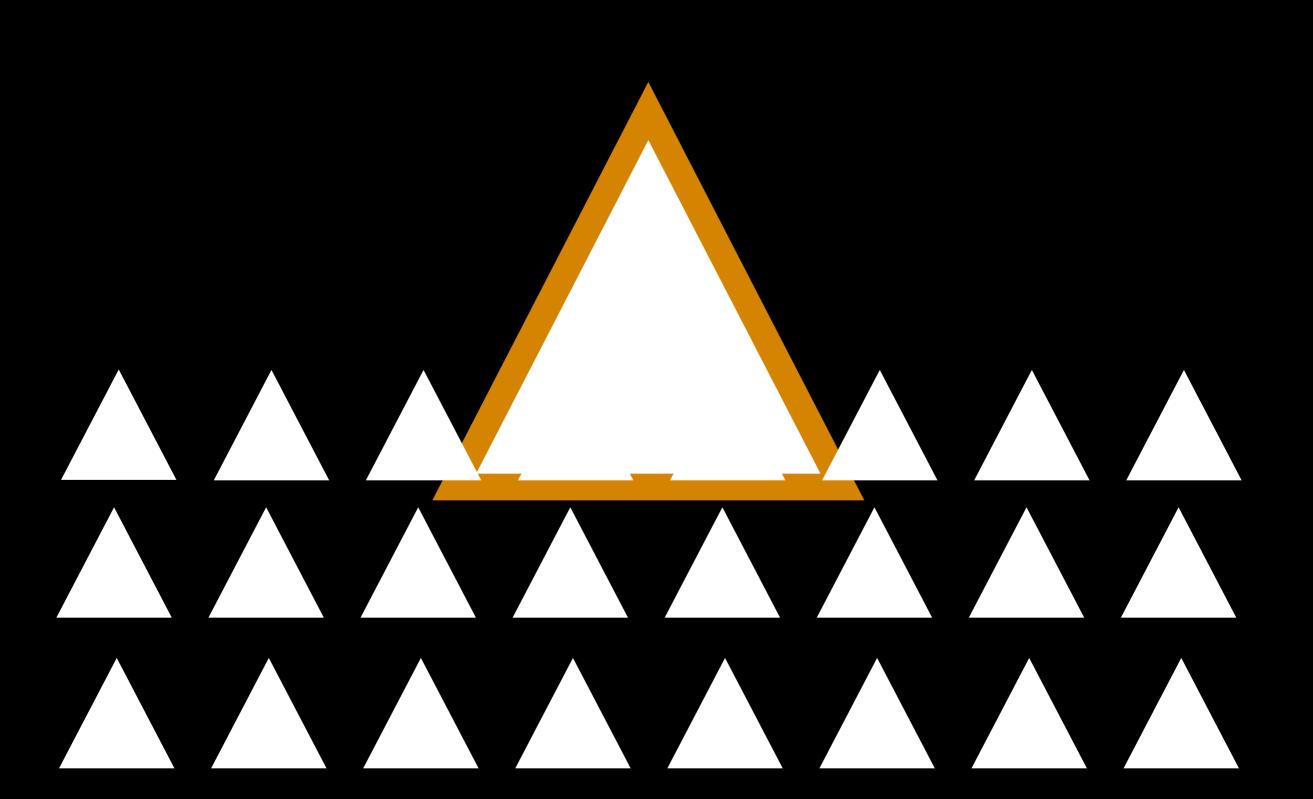


Oprah









"What you do every day matters more than what you do once in a while."

GRETCHEN RUBIN

FATE = fate

Mediocrity doesn't just HAPPEN, it's chosen over time.

deadly

AIMLESSNESS











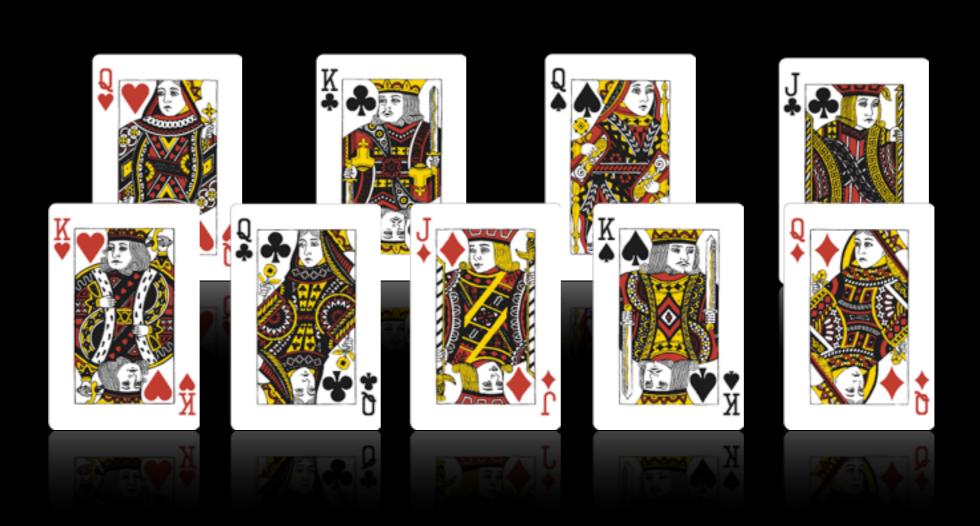












Define your THROUGH-LINE

Productive PASSION



"You know, I never was a football fan. I wasn't the type of guy to watch football. I could probably count on one hand how many football games I've watched from beginning to end in my lifetime."

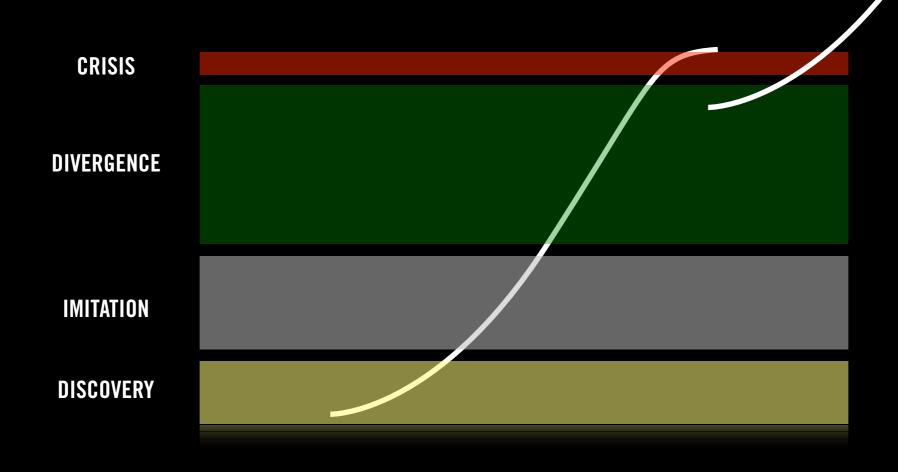


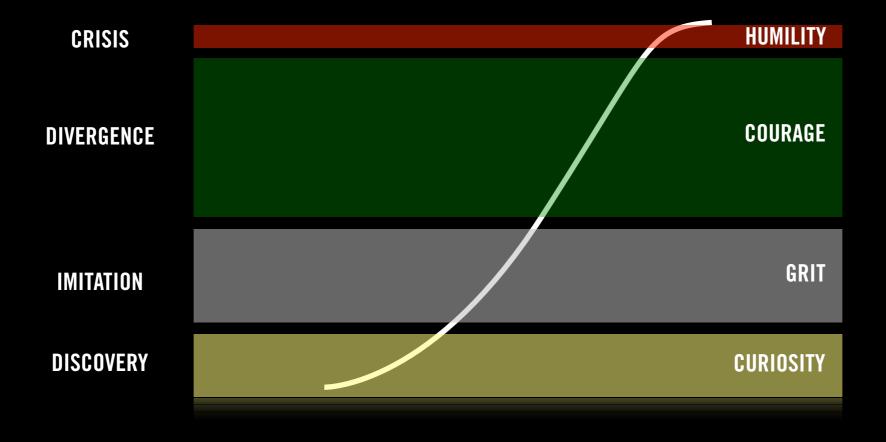
Be fiercely CURIOUS

"Where am I BUSILY BORED?"

"Where is my BLISS STATION?"

Growth (and INNOVATION)





BEHONEST WITH YOUR SELF





Define your ETHIC

"What am I doing right now that doesn't seem LIKE ME?

"hubris born of success" Jim Collins





BE CONFIDENTLY A DAPTABLE

"Where have I become INFLEXIBLE because of ego?"



"Fear is often the smell of OPPORTUNITY."

Brian Tome

FIND YOUR MARKET STATES OF THE STATES OF THE

Notice, then ACT



{ What ANGERS you? }

{ What makes you CRY? }

{ What have you MASTERED? }

{ What gives you HOPE? }

"Where am I PARALYZED by fear of {...}?"

GUARDEDNESS FOREST

STAY CONNECTED

"By forming a party, by melting into some group, we avoid not only conscience, but martyrdom. This is why fear of others dominates this world. No one dares to be a **GENUINE SELF**; everyone is hiding in some kind of 'togetherness.'"

Søren Kierkegaard



"Guns on the TABLE"

mirors

CICLES



"There can be an intense egoism in following everyone else. People are in a HURRY to magnify themselves by **IMITATING** what is popular, and too lazy to think of anything better. Hurry ruins saints as well as artists. They want QUICK SUCCESS and they are in such a hurry to get it that they cannot take time to be TRUE TO THEMSELVES. And when the madness is upon them, they argue that their very haste is a species of integrity."

THOMAS MERTON

Cover Bands DON'T CHANGE The World

STANDARD TIME ZONES OF THE WORLD



E EMPTY

TODDHENRY.COM

DIE EMPTY Thank You!