



THE 10-MINUTE YOUlogy REFRAME



A Perspective-Shifting Experience to Quiet
Resistance, Reconnect with Your Purpose, and
Decide Who You're Becoming

BY RICKY POWELL | THE HAPPINESS ARCHITECT

VIBRANT HEALTH * MEANINGFUL WEALTH * DEEPER JOY *
UNSHAKABLE INNER PEACE

THIS MAY BE THE MOST IMPORTANT 10 MINUTES OF YOUR WEEK

If you've ever felt like you've achieved success but still feel like something is missing, this is for you.

So many of us reach a point where life looks good on paper, yet our hearts whisper, "Is this all there is?"

The truth is, happiness and fulfillment rarely come from adding more to our plates — they come from reconnecting with what already matters most.

That's what this experience will help you do.

It's not about death — it's about life.

**It's about reflection, clarity,
and choosing who you want to be from this day forward.**

All you need is ten quiet minutes, an open heart, and a pen or open page.

**You can't do this wrong —
just write honestly, freely, and with compassion for yourself.**

Take a breath, and Let's begin...



On the path with you,
Ricky Powell
The Happiness Architect

My Story: The Moment That Changed Everything

When I was just 23 years old, my best friend Michael passed away suddenly from a heart condition we all thought was minor according to what he told us. Michael was like the brother I never had. He was an athlete, never smoked, never took a drug in his life, he was generous, had an amazing sense of humor, and was full of life.

If the topic of death ever came up in conversation — whether it was just the two of us or in our close circle of friends — Michael would smile and say, “If you’re all good with dying, go right ahead. For me, I’m never dying. It’s not going to happen.” He meant it.

And yet, he was gone in an instant.

I had the privilege of being asked to deliver a eulogy for him — one of the hardest and most humbling experiences of my life.

Writing about who he was and the way he lived, brought me to an important realization — the legacy we leave tomorrow is written by the choices we make today.

Six years later, during a routine physical, I learned I have the same heart condition that took Michael’s life — plus a second one that makes it even scarier.

Since the age of 29, I’ve lived knowing that sudden death is a very real possibility for me. It was terrifying at first... but it became one of the greatest motivators of my life.

It pushed me to transform my health, my mindset, and my purpose. It taught me that tomorrow not guaranteed — but meaning always is.

There’s so much more to this story — including something extraordinary that happened immediately after the funeral that validated everything I’ve ever believed about life and death. I call it “the gate got me back” story.

I wish I had time to share it here, but I’ll give you the full story — and the lesson behind it — in my upcoming live webinar, *Beyond the Noise: A Clear Path to Health, Wealth, and Happiness in a Very Distracted World*.

It’s one of those moments that changes how you see everything.



**10 QUIET MINUTES.
ONE POWERFUL
PERSPECTIVE SHIFT.**



This exercise isn't about death — it's about deciding how you want to live. Think of it as a snapshot of your best self — the person you're becoming.

How to Begin

1. Find a quiet space and a journal or open page.
2. Set a timer for ten minutes.
3. Imagine you've lived a long, meaningful life and your loved ones are gathered to celebrate you.
4. Write what you hope they'll say about who you were, how you lived, and the difference you made.

Use These Prompts to Guide You

Character — "They knew me for..."

Impact — "The lives I changed by..."

Milestones — "What I created, built, or gave..."

Presence — "When people were with me, they felt..."

When you finish, take a deep breath and read what you wrote aloud.

Notice what stands out — that's your soul speaking.

TURN INSIGHT INTO ACTION — ONE SMALL STEP AT A TIME.

Now that you've completed your YOUlogy, take a few moments to review it — whether you wrote it on a separate sheet of paper, in your journal, or in a new Word document on your computer.

Look back over your YOUlogy and circle the three values or qualities that stand out the most. Then, add them to your included worksheet. These are your guiding lights for the week ahead.

Choose one small action that reflects each value, and add it to your worksheet — one action per value, per day.

Even something as simple as a kind word, a mindful meal, or setting a healthy boundary can shift your energy.



With all seven days pre-filled with one action per value, you'll already have completed twenty-one positive actions toward becoming the person you're meant to be by the end of the week.

Imagine what doing this for a month — or a year — will look like.

“LIVE EACH DAY AS A SENTENCE IN THE STORY YOU WANT TOLD.”

**REMEMBER:
CONSISTENCY BUILDS CONFIDENCE. CONFIDENCE BUILDS CHANGE.**

Day	Value #1	Value #2	Value #3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

THE 2-MINUTE MINDSET QUIZ



DISCOVER WHAT'S SHAPING YOUR NEXT CHAPTER.

AWARENESS IS THE FIRST ACT OF TRANSFORMATION.

TAKE TWO MINUTES TO CHECK IN WITH YOUR CURRENT MINDSET AND SEE WHERE YOUR NEXT GROWTH OPPORTUNITY LIES.

INSTRUCTIONS:

READ EACH STATEMENT ON THE FOLLOWING PAGE AND RATE YOURSELF ON A SCALE OF 1-5:

1 = RARELY TRUE 5 = ALMOST ALWAYS TRUE

THE 2-MINUTE MINDSET QUIZ



1. I act on what I already know instead of waiting for perfect conditions.
2. My daily choices reflect the values I wrote in my YOUlogy.
3. When challenges come up, I recover with grace and perspective.
4. I keep the promises I make to myself.
5. I can quiet my inner critic when it starts getting loud.
6. I celebrate progress, not just perfection.
7. I make time for my health, peace, and happiness without guilt.
8. I intentionally surround myself with positive, like-hearted people.

Scoring

Add up your total score out of 40.

8–22: Clarity

You might be at a crossroads — ready for change but unsure where to begin.
Your next step: Revisit your YOUlogy and reconnect with what truly matters most.

23–32: Courage

You know what you want but may be hesitating. Fear, doubt, or old habits might be holding you back.
Your next step: Take one small, imperfect action this week. Momentum builds confidence.

33–40: Consistency

You're aligned and on the path. The key now is to protect your routines and keep growing.
Your next step: Stay connected to positive community and keep your YOUlogy visible as a daily reminder.
Reflect & Reset

Circle one statement you scored lowest on.
That's your focus area for the week — the next doorway to transformation.



You're Just Getting Started.

Take a moment to appreciate yourself. You did something most people rarely do — you paused long enough to reconnect with what truly matters to you.

Keep those three values visible this week. Let them guide your decisions, your conversations, and the way you show up each day.

If this short reflection gave you even a small sense of clarity, the most powerful next step is turning that clarity into daily action.

That's exactly what we do inside the 777 Challenge.

🌟 The 777 Challenge: 7 Simple Habits in 7 Days to Start Living Your YOUlogy

In just a few minutes a day for one week, you'll practice simple habits designed to quiet the noise, strengthen your mindset, and help you begin living more intentionally — with greater energy, focus, and follow-through.

👉 Start the 777 Challenge at LifelongHappiness.com/777
or SIMPLY CLICK HERE

Wishing you good health, boundless love, true joy, lasting abundance, and lifelong happiness...



THANK YOU FOR
EXPERIENCING
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