

The Path to Good Life

Information from the MetLife Mature Market Institute® brought to you by
(Agent/Producer/MetLife Broker name)
Metropolitan Life Insurance Company

Do you feel you are living the “Good Life”? Have you thought about what the Good Life means to you? Do you ever ask yourself, “Where do I go from here?” Most people ask that question at some point in their lives. There are times when we question if we are where we want to be in life or we experience life events that cause us to reexamine our priorities and where we are going. The MetLife Mature Market Institute, in collaboration with Richard Leider, noted author, educator, and life coach, has created a workbook and DVD entitled *Discovering What Matters: Your Guide to the Good Life*. This tool can help people plan and focus on their priorities to achieve their personal vision of the Good Life and help refocus priorities to move forward at those times when life presents challenges and opportunities.

The Good Life can be defined as “Living in the place you belong, with the people you love, doing the right work, on purpose.” The Good Life must be thought of as a journey rather than a destination. It is filled with ups and downs as we face a series of challenges or “triggers” which can be either positive or negative. Some are in our control and others are not. Some cause us to enter a period of limbo where we can be immobilized, where we have lost our focus and our vision of the future.

The metaphors of “unpacking” and “packing” provide a model to help us move forward during times of challenge. “Unpacking” involves reflecting on who we are and where we are going, while “repacking” is the process of deciding what is most important now, what we don’t need anymore, and taking actions to move forward. The baggage we take on our life’s journey are the experiences—emotional, intellectual, and physical—that we take with us.

The workbook provides self-assessment tools, advice, and resources, to help individuals evaluate where they are on the path to their vision of the Good Life and, when needed, empower them to create new goals for what lies ahead. The materials will also help individuals adapt to life’s inevitable challenges, both positive and negative.

Single copies the workbook and DVD, *Discovering What Matters: Your Guide to the Good Life*, are available free to the public by contacting [name], [title], with [company name] at [phone number/NASD phone number (as required)], or [other number(optional)] [company approved e-mail address].

L0409030063[exp0312]