

Things That Matter

Key insights and reflections from Donald Forbeck's impactful work on meaningful concepts





**Explore What
Truly Matters**

The Influence of Core Values

Core beliefs shape our actions and perspectives daily.



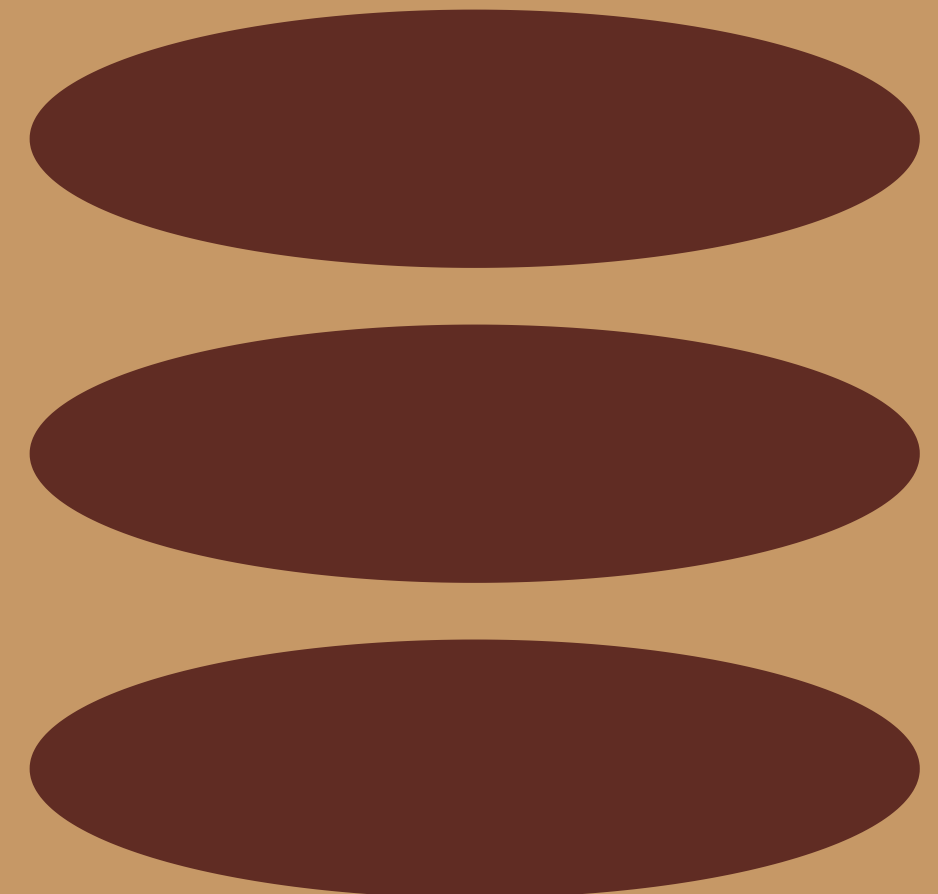
The Vital Role of Social Connections

Strong relationships enhance our overall well-being and happiness.

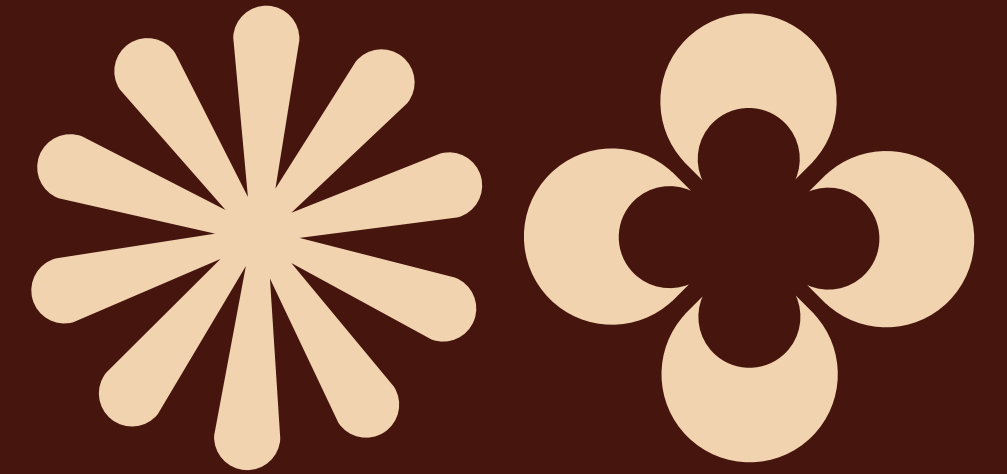


“We are shaped by our thoughts; we become what we think.”

– Buddha



Values vs. Ambitions Explained



Values Shape Decisions

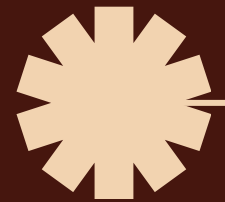
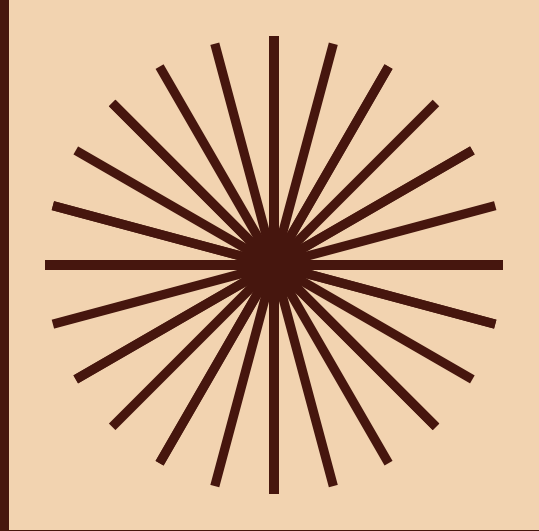
Our core values inform every choice we make in life.



Ambitions Drive Goals

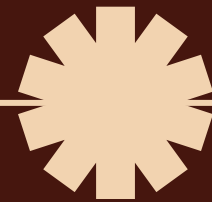
Ambitions propel us forward, inspiring us to achieve our dreams and aspirations.

Timeline of Key Moments in Life



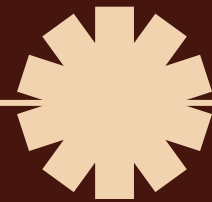
Birth

Beginning of life's journey



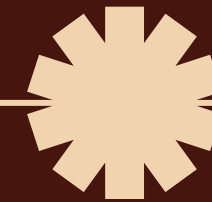
Education

Foundation for future growth



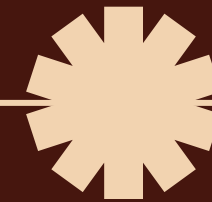
Career

Pursuing passions and goals



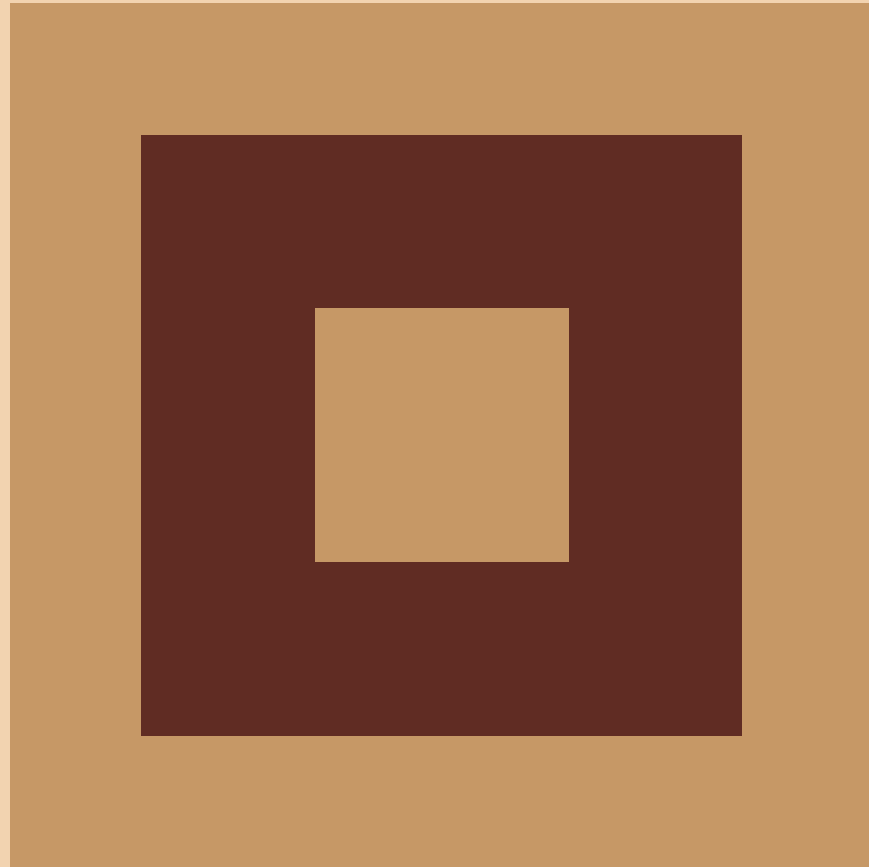
Relationships

Connecting with others deeply

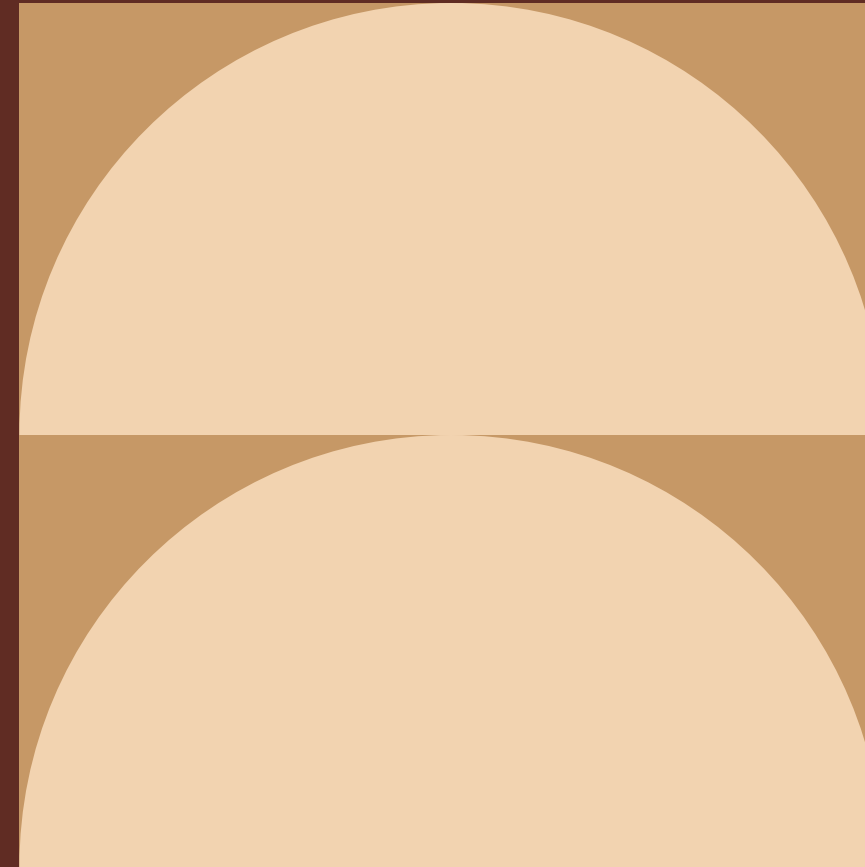


Self-Discovery

Understanding personal values and purpose



The Importance of Authenticity in Interaction



Being genuine fosters deeper connections, enhances trust, and encourages open dialogue, ultimately leading to more meaningful relationships in both personal and professional settings.

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