

A woman with brown hair, smiling, is positioned in the center of the frame. She is wearing a red long-sleeved shirt. She is surrounded by large, vibrant yellow sunflowers with green leaves. The background shows the interior of a greenhouse with a curved metal frame and translucent panels. The text "Farming in Alaska" is written in a large, white, cursive font, and "survival guide" is written in a smaller, white, cursive font below it. A white rectangular box containing the text "Year 15" in orange cursive font is located at the bottom center.

Farming in Alaska
survival guide

Year 15



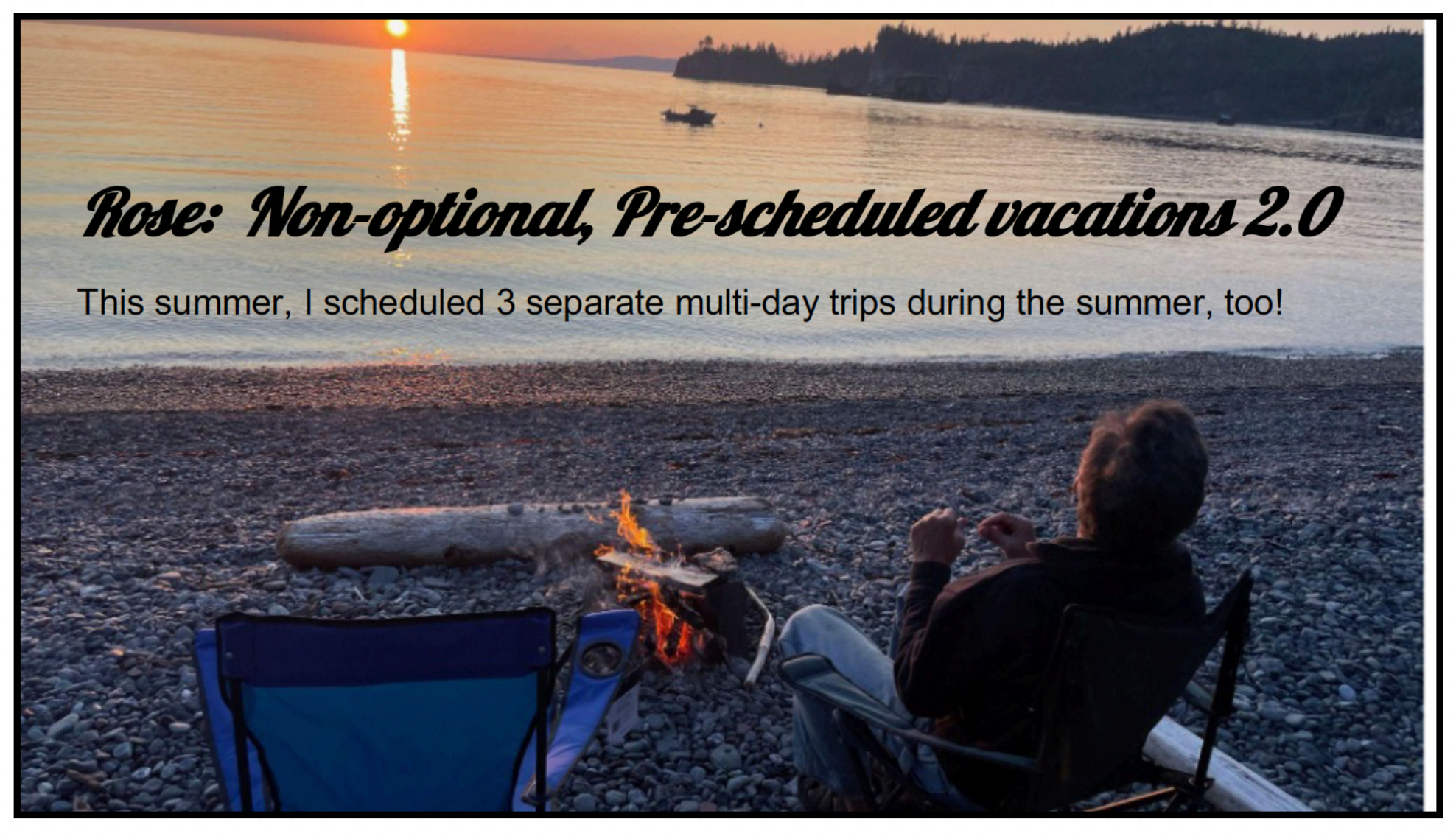
Welcome to my world!



Rose: Non-optional, Pre-scheduled vacations

We travel to Mexico for 6 weeks every year
to escape Alaska's dark winters



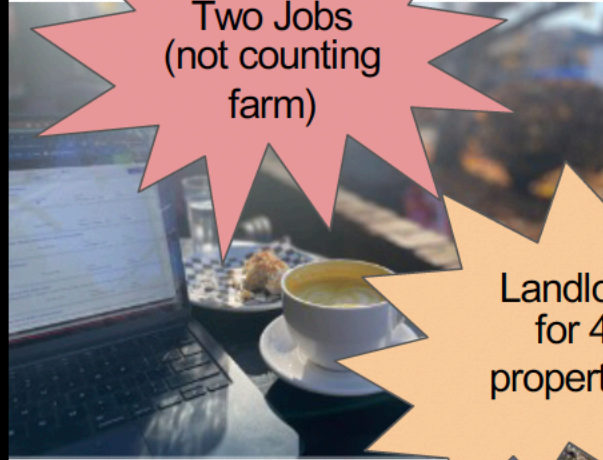
A person is sitting on a beach at sunset, looking out at the ocean. In the foreground, a small fire is burning on the pebbly shore. The sun is low on the horizon, creating a bright reflection on the water. A small boat is visible in the distance. The background shows a forested coastline.

Rose: Non-optional, Pre-scheduled vacations 2.0

This summer, I scheduled 3 separate multi-day trips during the summer, too!

The Thorn (s): Too much hamster, not enough wheel

Two Jobs
(not counting
farm)



Landlord
for 4
properties



Mother in
nursing
home



Managing
business &
staff



Building
two new
cabins

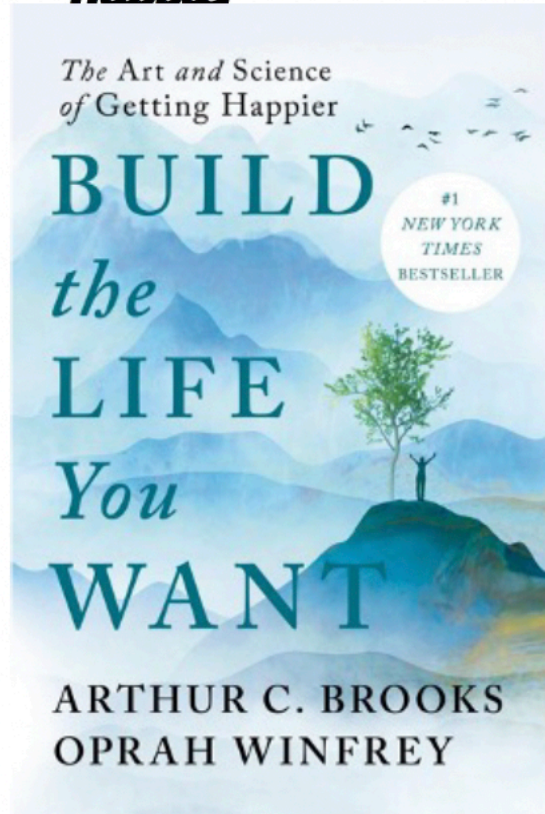


Bud? After 23 years of parenting, I'm about to be an empty nester!

My beautiful daughter is leaving for college next fall. It's bitter-sweet. Will I be lonely? Will I find ways to adjust?



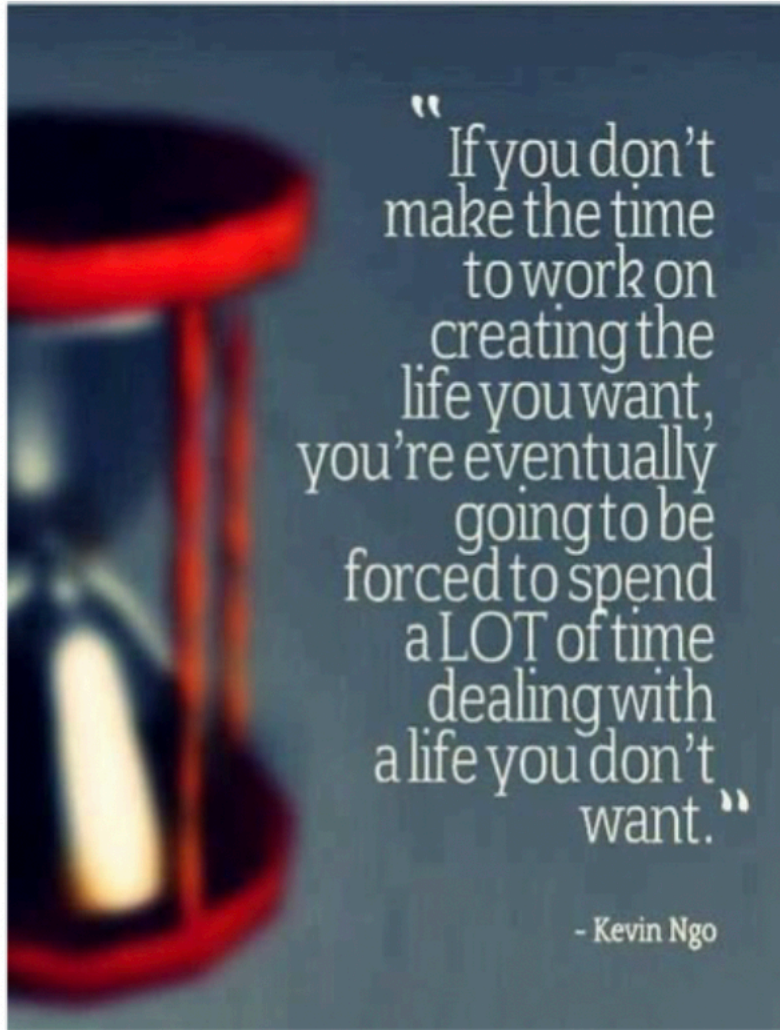
Juicy Peach: “Build the Life You Want: The Art and Science of Getting Happier”



Takeaways of science-proven ways to get happier

- Focus less on yourself - avoid mirrors and mirror-like substances (Facebook...)
- Building real friendships - not helper-based friendships, is very important.
- You always have a choice about how you feel.
- Finding meaningful ways to give back is a gift to yourself.

A parting thought



“If you don’t
make the time
to work on
creating the
life you want,
you’re eventually
going to be
forced to spend
a LOT of time
dealing with
a life you don’t
want.”

- Kevin Ngo