

A Guide For 83% of Your Life

NO ONE TAUGHT YOU THIS

*But You
Can Teach
Yourself*



A TOSSLY Handbook/Workbook

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INTRODUCTION: WHAT NO ONE TEACHES YOU

Nobody ever sat me down and said, "Here's how to enjoy your ordinary Tuesday."

Not in school.

Not at work.

Not in any self-help book.

Not while raising kids.

We're taught plenty of other things: how to succeed, earn money, pay the bills, improve, and win. We're encouraged to value sleep, exercise, a healthy diet, and a solid career. And all of that matters. All of it is worthwhile. All of it is real.

But we're rarely, if ever, taught how to truly enjoy everyday life.

It sounds like a simple idea. But pause for a moment and ask yourself: Do you go to school to learn or to enjoy? Do you take a job to earn a living or to enjoy it? Do you parent your children or truly enjoy them? Do you relax simply to escape pressure or to genuinely enjoy the moment?

The truth is, modern life isn't designed for enjoyment. It's designed for production. We're taught to pursue success, not enjoyment. Discovering that enjoyment matters is something each of us has to do for ourselves.

And, when you learn to enjoy your day, the math of life changes. The ordinary days get better. Learning comes easier. The wonderful days taste sweeter, and the hard days lose some of their bite. Not because the world changes, but because you do.

So, what exactly is this ordinary Tuesday?

It's what I think of as the 83% of life.

It's where most of life happens. You wake up, prepare for the day, work or play, exercise, read, eat, watch a screen, go to bed, sleep.

Repeat.

Nothing remarkable on paper. But this is where your actual life happens, not in the highlight reels, the vacations, the milestones, or the achievements, but right here—in your ordinary day.

Maybe you think the ordinary isn't worth focusing on. You want the extraordinary. I get it. And honestly, I want to acknowledge the people who bring extraordinary moments into our lives, including: writers, artists, athletes, singers, and creators. Through their talents, they inspire us, make us laugh, and connect us to moments and stories that stay with us for years.

But here's the thing: Even they wake up to ordinary Tuesdays.

Which brings me to who I am, and why I'm the one writing this.

Truth be told: I haven't accomplished those things. I'm not a performer or a professional with credentials on the wall. I haven't won championships or built huge companies. I'm not here to perform for you or sell you a polished, filtered version of a perfect life.

My focus is on that 83% of life that happens when the cameras aren't rolling. My expertise doesn't come from a stage; it comes from the living room, the kitchen, the kids' rooms, the morning commute, the backyard garden.

I'm simply a practitioner and teacher of the ideas in this book. I just decided to stop waiting for "someday" and started lacing up my shoes for today.

What I'm offering here are four philosophies.

Enjoy Today.

Some Days Are Genuinely Hard... Not Enjoyable.

Small Steps Create Your Life.

What You Say To Yourself Matters.

Each one matters on its own. But the real value comes from remembering and calling on them together, as needed, in the middle of your everyday life.

Let's be clear: enjoying your day doesn't happen in a vacuum. We are all buffeted by external events: in our neighborhoods, our countries, and across the world. We can't control those things. But we can control the ideas in this book.

Think of this book as a practical guide, not a deep dive. It's simple. Almost too simple. But that's exactly why it works.

I share four philosophies. Think of them as maps. Each one offers a different way of looking at your day and helps you recognize where you are, where you can go, and how to make the journey more rewarding.

After each philosophy, you'll find a short workbook section designed to help you reflect on what you've read. Doing so will bring the philosophies into your daily life.

The workbook moves you from philosophy to experience. It takes your truth and puts it where it belongs: around the house, on your commute, in your office, through your difficult conversations, and into your quietest moments.

Don't feel pressured to complete every exercise at once. Pause where you need to, reflect honestly, and let each philosophy become something you practice rather than simply read. Small moments of awareness, repeated consistently, are where lasting change begins.

Each philosophy stands on its own, but together they create a practical way of approaching everyday life. As you move through the book, you'll discover each one individually before bringing them together at the end.

When's the right time to start?

Today, of course.

And one more thing: While the philosophies give you the Why and the What, there is a companion book coming shortly that will give you the How-To. Titled "Don't Get To The End Of Your Life Wondering Why You Didn't Enjoy It More," it presents four practices, each giving you the power to get the best from one day—today.