

A stylized landscape illustration featuring rolling green hills in various shades of green and brown. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The background consists of layered blue and white waves, suggesting a sky or water. The text "Be, Do, Have" is written in a brown, cursive font in the center-right of the image.

Be, Do, Have

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Do you remember a time when you could be...



This is a speech about being all you can BE...
SO...

You can do all you can DO...
SO...

You can have all you can HAVE!

A practical example...

At Toastmasters, we provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

- BE – attend Toastmaster Meetings
- DO – fill roles and give speeches
- HAVE – have greater self confidence, as well as developed communication and leadership skills.



Americans are backwards.

- Americans think that if we HAVE the right job, the right car, the right house, the right friends...
- We will BE happy.
- But we BE NOT happy!
- Wealth does not give us happiness, so we do not HAVE happiness.



Americans work themselves to death.

- We keep DOING and DOING and DOING, thinking...
- If we HAVE enough money....
- If we HAVE enough stuff...
- We will BE happy.
- But, DOING alone BE never enough!
- The hamster wheel keeps spinning and happiness eludes us.
- Americans BE NOT happy.

WHY?

- Americans have life's formula to existence backwards.
- It is BE, then DO, then HAVE.
- It is not HAVE, HAVE, HAVE, then BE.
- It is not DO, DO, then HAVE, then BE.
- It is BE – BE you. BE yourself. BE happy.
- It is DO – DO what you can DO with you.
- It is HAVE – HAVE what you can HAVE from your DOING.

A note on doing...

- You reap what you sow.
- Sow nothing, reap nothing.
- Sow goodness, reap goodness.
- Sow badness, reap badness.
- You get what you give.
- What goes around, does come around.
- Everybody already knows this!

So what's the problem?

- We've forgotten how to BE... just BE!
- We're no longer present (just BEING).
- We BE stuck in the past from regret.
- We BE stuck in the future for fear.




We CAN BE happy.

- We can BE anything we want to BE.
- When we are born we ARE, in other words, we BE.
- We can BE happy, DO good, and HAVE all the comes with it.
- We can BE angry, DO evil, and HAVE all that comes with it.
- We can BE scared, DO nothing, and HAVE nothing.

- WE BE NATURALLY HAPPY!



So why are we NOT happy?

- We have been told we BE NOT!
 - Marketing has invalidated us for decades.
 - We have invalidated each other since childhood.
 - Invalidation makes us less of who we BE.
 - We have even started invalidating ourselves.
 - You don't need to HAVE anything to BE happy.
 - You don't need to DO anything to BE happy.
 - All you need to do is BE!
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YOU ARE AN AMAZING PERSON

JUST AS YOU ARE

YOU ARE NATURALLY HAPPY

JUST AS YOU ARE

BE YOU
BE HAPPY

