



## **DOUG SMITH ON THE HABITS, SYSTEMS, AND ROUTINES THAT WILL HELP YOU LIVE YOUR BEST YEAR EVER**



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### **ABOUT DOUG:**

Doug Smith is the Director of Development at Light of Life Rescue Mission and Founder and CEO of L3 Leadership. He is the author of his eBook, "Making the Most of Mentoring", a step-by-step guide to help you build and cultivate relationships with mentors. He blogs at dougsmithlive.com, is the host of the L3 Leadership podcast and is a sought-after public speaker. He is married to his high school sweetheart, Laura, who currently works as an Account Executive at Ivalua. Together, they love family, personal growth, travel, working out, and serving others.

### **4 KEY TAKEAWAYS:**

In this episode of the L3 Leadership Podcast, Doug shares some of his favorite tips to have the best year ever!

1. Doug shares his annual routines around goal-setting.
2. He talks about his daily agenda.
3. He also discusses the habits he has in each area of life that add value to his life.

**"If you want to be happy, be a growing person."  
- Doug Smith**

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