

THE A-Z OF LIFE

UN-LOCK
YOUR
INNER
POWER!

A

Attention...

What you focus on
determines your
reality!

So, focus on what you want
– not on what you don't
want. The more you focus on
what you don't want the
more of that you will get!

B

Believe...

You are what you
think you are!

All beliefs – good or bad –
start in the mind. YOU have
total power to change YOUR
mind. So change your
beliefs...change your life!

C

Calm...

Keep calm and carry
on!

Anxiety or worry is simply
negative energy YOU are
feeling! Breathing deeply
and slowly makes you feel
calm... instantly!

D

Diet...

You are what you eat!

Eat a balanced diet. It's one of the quickest and most effective ways to feeling great. Eat less fat, sugar and processed foods. Eat more fruit and vegetables.

E

Exercise...

You are designed for
it!

Your body NEEDS exercise. A
healthy body leads to a
healthy mind. Even a short
walk makes a massive
difference!

F

Forgive...

The past has already
gone!

Let go of hurt, blame or
injustice. You're simply
holding on to negative
emotion. Would you hold a
hot plate and be burnt? Or
let it go?

G

Gratitude...

Give thanks with joy!

Thank yourself and thank others. Saying “thank you” means everything but costs nothing! Gratitude is a great way to develop self-love and appreciation of others.

H

Humour...

Smile and the world
smiles with you!

Smiling, laughing or thinking
of something funny instantly
makes you feel happier...
inside!

I

Intuition...

Trust yourself!

Feelings are the map of life.

Let your inner feelings,
wisdom and “gut instinct”
guide you on your journey.

J

Joy...

Is the meaning of life!

Joy is everywhere – if you choose to find it! Use nature for inspiration – take in a view, bird song or the simple feeling of breathing in new air.

K

Keep grounded...

Life is a rollercoaster!

Of course there are up's and
down's. That's how we tell
"good from bad". Accept it
and embrace it!

L

Love...

The power of love!

Love is the supreme energy
of the Universe. Yet to
experience love we must
first love ourselves...exactly
as we are!

M

Meditation...

Silence is golden!

The mind is a restless
thought machine!
Meditation is the key to
turning it off. Practice
meditation as much as you
are able.

N

No alcohol...

Drinking makes you
depressed!

Alcohol is a natural
depressant – it affects your
mood. Especially the day
after! Drink in moderation or
not at all.

O

Opportunity...

WILL present itself to
you!

As sure as “eggs are eggs”
opportunity will arrive for
you... daily. It’s up to YOU
to decide whether to TAKE it.

P

Positive...

It's simply a matter of
choice!

Be positive and positive
things WILL happen. Guess
what? Be negative and
negative things WILL
happen. What do you
choose?

Q

Never quit...

You've got STAMINA!

You learn more about yourself and about life when the going is tough! The view from the top is worth every step. Once you know and experience this...everything else is plain sailing!

R

Relationships

...

Your relationships are
a MIRROR of you!

You get what you give! Want
more love and better
relationships... then give
more love! The results may
surprise you!

S

Sleep...

All living things sleep!

Take steps to sleep well.
Drink less coffee and have a
bedtime routine that
promotes sleep. Avoid
electronic devices, meditate
or read (a paper book!) if
you can.

T

Transform...

Into who you REALLY
want to be!

Everything changes evolves
and grows. Like seeds into
flowers and children into
adults. YOU are here to
grow and transform! It's
YOUR destiny!

U

Understanding

...

Of each other!

We all have our own VIEW of the world. Who's right and who's wrong? See it from the other side to gain insight & understanding.

V

Visualise...

Manifest life YOUR
way!

Actively visualise the life
YOU want for yourself. As
you do YOU will begin to
make it happen.

W

Water...

You are 70% water!

YOU need water to live.
Indeed, water is essential for
ALL life! Drink more water
to feel healthier. Drinking
more water is great for the
skin, hair and eyes too.

X

Xerox...

Be you... don't copy!

Be PROUD of who you are!
YOU have abilities, skills,
talents and experiences NO-
ONE else has. You are here
to express YOURSELF. YOU
are free to be the greatest
person you are.

Y

Yes...

Say yes more
often...much more!

YES is the positive power of
you! Be open, be willing and
say YES when the
opportunity arrives. Every
door leads to the next!

Z

Zest...

For life!

Life is amazing! Life is full of
surprises! Life is what you
make it! So, love your life!
You can... because I did!

By Stephen Parkinson...



Thank you!

After many years of “muddling”
on and taking wrong turns, I
decided to turn my life around.

I have lived every step and taken
every action that’s set out here.

What you are reading are the
KEYS to life. A better life for YOU
awaits...

If you choose to open the door
that is! Maybe you should and
take your life Up and Up!

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