

There's a Reason For That

The cheatsheet – remember to apply these to yourself first!!!

There's A Reason For That!

You may not like it, or understand it, but there is always a reason, such as these!

It's All Situational

No two situations, people or events are ever the same. E.V.E.R.!

Everything is Relevant

Everything you've ever done had got you here. What you do now matters!

Everything is Relative

The level of focus, effort and planning put in = level of what comes back.

"YOU" is Fluid

You change based on who and what is happening in front of you. OCEAN.

Flat Tyre Syndrome

The symptom is often a distraction from the actual cause.

Life is a Lazy River

Internal and External factors each affect you both positively & negatively.

Instead Of...

When no alternative is presented, it's easier to revert to what is unhelpful.

You Get To Choose

You can only change how you behave, think and act. And it can be instant.

Control ≠ Controlling

Control is being adaptable. Controlling is rigid. Think about it!

You're Missing Something

You rarely have all the facts. Take time to ask more questions openly.

Today Is Day One

Whatever you're striving for, today is always day one. Focus on today.

Action Creates Traction

Learning is no good without doing, again, and again, and again, and again...

Intuition is learned

Natural strengths & gut reactions get better the more you know & experience.

Let It Go

Release what you think should be, the past and your expectations of others

Change Is Inevitable

You have changed since reading this page. It can't be stopped! Why try?

Food for Thought

Poor nutrition affects hormones, psychology and more. Be healthy.

Who Are YOU, Really?

Which role or identity are you living from, and is it right for the situation?

Pardonnez Moi пожалуйста

Understand the languages of love and appreciation and find common ground.

Put Down The Dirty Diaper

Negative thoughts are like dirty diapers. Don't hold it longer than you have to!