

A to Zen of Life

Avoid negative sources, people, places and habits.

Believe in yourself.

Consider things from every angle.

Don't give up and don't give in.

Everything you're looking for lies behind the mask you wear.

Family and friends are hidden treasures.

Give more than you planned to.

Hang on to your dreams.

If opportunity doesn't knock, build a door.

Judge your success by what you had to give up in order to get it.

Keep trying no matter how hard it seems.

Love yourself.

Make it happen.

Never lie, steal, or cheat.

Open your arms to change, but don't let go of your values.

Practice makes perfect.

Quality, not quantity in anything you do.

Remember that silence is sometimes the best answer.

Stop procrastinating.

Take control of your own destiny.

Understand your self in order to better understand others.

Visualize it.

When you lose, don't lose the lesson.

Xcellence in all your efforts.

You are unique, nothing can replace you.

Zero in on your target and go for it.

