

ABC's of Maturity

Getting More Out of Life's Lessons ¹

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| <p>Act as if - you already are what you want to be – already have what you need – and love what you do.</p> | <p>Be Proactive. Begin with the end in mind. Think of how you want to be remembered to determine what remains important in life.</p> | <p>Celebrate. Communicate. Cooperate. Care.</p> |
| <p>Devote daily time of dutifulness to Body – Mind and Spirit. Dance. Dance with your spirit animal.</p> | <p>Enjoy 'Enoughness.' Exercise earnestly. Enhance your diet with supplements; Eagerly embrace the 'Essential Duo' of adequate water and mindful breathing.</p> | <p>Find a way to put First things First. Friends & Family are first things. Fun always deserves some time.</p> |
| <p>Give yourself great gifts of private time, praise, quietness, peace and joy. Gratitude Attitude is essential.</p> | <p>Help happily. Honor <i>all</i> spiritual traditions – practice your own.</p> | <p>Initiate something positive. Ignite Intention. Illuminate & eliminate Illusions. Ignore Ignorance.</p> |
| <p>Just do it! Just knowing the way is not going the way.</p> | <p>Kindly be kind & pass it on. Kindness is uplifting to those on both ends of the act. Keep your promises. Keep a friend.</p> | <p>Lessen the Landmines. Limit your horizons, as life's horizons are limitless; Pick possibilities with care. Love and Laugh.</p> |
| <p>Make money management hopeful, responsible & painless. Avoid gazing pins. * Moderation. Make it Happen.</p> | <p>Namasté to all. Nap with joy. Negotiate with Synergy. Make the 'whole' solution greater than the 'parts.'</p> | <p>Optimistically open up to new experiences. Learn new things as the "Past does not equal the Future." Open your eyes to the world around you – see something new every day.</p> |
| <p>Produce a life mission – re-visit it periodically. Perform PizzazzEE-25 weekly.</p> | <p>Quit scrolling – read carefully. Quit sweating the small stuff.</p> | <p>Rest. Plan good sleep every night. Read. Relish a special moment every day.</p> |
| <p>Savor Small Successes. Smile and Sing. Sharpen the Saw of your own particular trade, even if retired.</p> | <p>Think. Think deeply.</p> | <p>Understand <i>first</i> – then seek to be understood.</p> |
| <p>Validate your values. Value the differences between people.</p> | <p>Win-Win-Win Support abundance mentality for all. Wind down whining. There are always those less fortunate or better off.</p> | <p>X-cell at eXcellence. Perfect-practice makes perfect.</p> |
| <p>Yield to Youthfulness. Yoga, Yogurt and You. Yell yahoo, yeah, yay, yes, yippee!</p> | | <p>Zealously zoom to the zenith. Paths to the top are many, some still hidden. Zone in on Chance, Opportunity & Luck.</p> |

Inspired by original version of ABCs from *120 years and Holding, a Smorgasbord of Options for Everyday Wellness and Superior Longevity* (out of print) by Barbara Klein ABC's originally inspired by numerous sources: like Steven Covey's *7 Habits of Highly Effective People* (Covey Leadership Center, Inc.: Provo, UT, 1997), works of Anthony Robbins, other gurus, as well as by a myriad of bumper stickers over the years.

* Gazingus pins represent any item or product that you just can't pass by without buying. From *Your Money or Your Life: Transforming your Relationship with Money and Achieving Financial Independence* (first published 1992 by Penguin Books) by Vicki Robin and the late Joe Dominguez.