

Physical • Mental • Social • Moral

HOW TO

MASTER

THE

JOURNEY

OF

Life

Bob “The Boss” Lloyd

DIPLOMA OF PHYSICAL EDUCATION.
GRADUATE DIPLOMA HUMAN MOVEMENT SCIENCE.

ALPHABET of *Life* VALUES

A	Appreciate
B	Brave
C	Consistent
D	Determined
E	Empathy
F	Fair Dinkum
G	Good
H	Happy
I	Interested
J	Justice
K	Kind
L	Like & Love
M	Morals
N	Nice
O	Optimistic
P	Praise
Q	Quality
R	Resilient
S	Smile
T	Thoughtful
U	Understanding
V	Versatile
W	Wise
X	X-Factor
Y	Young at Heart
Z	Zestful



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Forward...

It has been great to stop and think about my life so far (75 years) The writing has been good but what has been better is thinking about what I have written and adding to it and also hopefully improving the messages contained in the book. The fact that I have come from a teaching background I felt I was writing the messages just for young people. Although the future generations are very important what has jumped out at me is that life, knowledge and change for the better never stops being important no matter how old you are. I am pleased with my 29 years as a PD/H/PE Teacher and in many ways I feel a number of students changed their thinking and future way of living their life because of the teaching of the many messages contained in this short book. I still feel that many of my lasting meaningful friendships have come from students that I had the pleasure to teach... surely that is what life is really about? I also hope that by creating the Alphabet to Master the Journey of Life it will assist the quality of daily life for many. The A-Z Alphabet for reading & writing was created around the 15th Century ... so it is well over due for another Alphabet. It is a great opportunity for all of us to both enjoy the often bumpy ride of the Journey of Life and make the best of everything and move on positively when life seems to get too hard and a level of Resilience is required. **I hope this can happen for you!**

I will finish with comments made to me by the First Headmaster at Central Coast Grammar School, Dr. Ron Chambers.

Bob, why are some teachers complaining about staying back after 3 pm? Isn't this a nice place to be?

Yep... Correct!

"Bob stop trying to change the world... you can't."

Simply make your backyard a nice place to be and if enough do that we will have helped change the World!

Yep... Correct!

Being the Sports Master at the School I presented the Headmaster for his approval with the sport choices I wanted to offer the High School Students for Friday Sport. Apart from the traditional sports I also offered lifelong recreational activities such as: Tennis .. Golf .. Squash .. Yoga .. Surfing .. Scuba Diving .. Fencing .. Water Skiing .. Self Defence .. Horse Riding .. Abseiling.

The Headmaster felt parents would not want to pay for these types of activities and felt that I was wrong and that we should stick with Team Sports. He then went on to say but you are the Sports Master ... you have to do all the work to make it happen so as the Headmaster I should give you a go and support it!

What an attitude... what encouragement. Later on he told me I was actually Right and he was Wrong. I now realise he had all the qualities to Master the Journey of Life and his influence has been very important

...now that is a man who's 'Mastered the Journey of Life!'

Preamble...

Thank you for taking the time to read this short book in the hope that you may be inspired to do what you can to spread the values and beliefs far and wide especially among your family & friends.

I have no doubt that people of all ages have seen the World and our Country change for both the Better and the Worse.

Being born in 1947 I had to wait 9 years for Black & White Television to be followed by my first ride in a car when I was 10 years than further technology such as Mobile Phones, Fax Machines, Man walking on the moon, Jet Plane Travel, Computers, Inter Net, Face Book, Social Media , Google and the list goes on.

A lot of this is beneficial but where have our old fashioned Aussie Values gone? Remember when we use to say G'Day to Strangers, Stand up and give a seat to a Lady on Public Transport, help the elderly cross the Street, Invite neighbours in for a cup of tea, doing the shopping for the elderly or even mowing their lawn.

Adults were given 100% Respect at all times and so they should!

I am asking everybody to spread the messages in the...

A - Z Alphabet to Master the Journey of Life and the Beliefs, Values and Guidelines of the Aussie Spirit.

In particular I believe it is a fantastic opportunity for the PD/H/ PE Teachers in particular along with all Primary & Secondary School Teachers in Australia to put their hands up to do whatever they can to have their students learn, understand and support these values to enable them to both Master and Enjoy the Journey of Life.

Please Consider!



Get Active Australia

Bob the Boss

FOUNDER

- Born, Robert John Lloyd, 25th March 1947 at St George Hospital, Kogarah.
- Educated at St. Gabriel's Bexley and Kogarah Marist Brothers.
- Interests growing up included Rugby League, Cricket, Tennis, Golf and Surf Board Riding.
- Graduated as a PE Teacher from Sydney Teacher's College in 1967.
- Taught PE at Belmore Boys HS & Sydney Technical HS, Bexley in 1968.
- Griffith HS 1969 - 1970, Wade High School, Griffith 1971 & 1972.
- PD, Health & PE Master at the Entrance HS 1973 - 1984 .
- PD, Health & PE Master at the Central Coast Grammar School 1985 - 1998.
- Post Graduate in Human Movement Science, Sydney Uni 1979.

Achievements

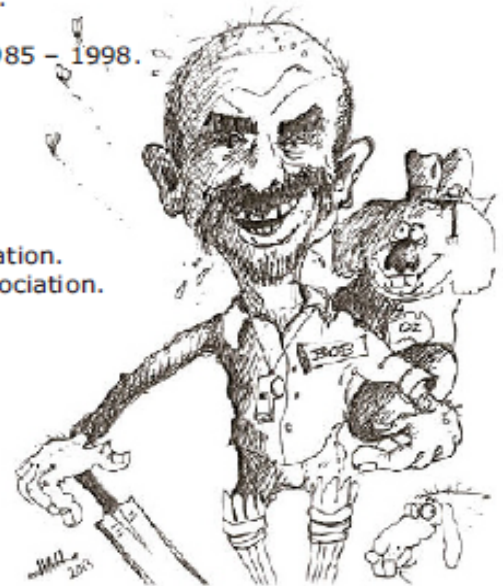
- 1972 Riverina Schoolboys Rugby League Convenor.
- 1974 Secretary NSW Combined High Schools Sport Association.
- 1974 - 1984 NSW CHS Rugby League Convenor.
- 1976 - 1979 Secretary Australian Schools Rugby League Association.
- 1979 - 1984 President Australian Schoolboys Rugby League Association.

Life Memberships

- NSW Combined High Schools Sport Association.
- NSW CHS Schoolboys Rugby League Association.
- Australian High Schools Rugby League Association.
- The French Senior Rugby League Association.
- Avoca Beach Junior Board Riders Club.
- Central Coast Grammar School P&F Association.

Personal life

- Married to Anne for 51 years and still going strong... women rule!
- 2 children, Kieran and Kirsty. Grand Daughters Nami 11 years and Aztar 5 years.
- Has lived and worked on the Central Coast since 1973.
- Currently General Manager, Star of the Sea Luxury Apartments, Terrigal since 2004.



Bob the Boss

Created as a marketing image when managing Avoca Palms Resort from 1998 - 2004 and still going strong at Star of the Sea Resort, Terrigal... a simple play on "bob the builder" but bob the boss is fair dinkum, friendly, helpful, well organised, loyal, fair, passionate and can talk lots & lots and will not stop talking until all people living in Australia are striving to be recognised as being fair dinkum, act and behave fair dinkum and encourage all others to be fair dinkum and then we will take our beliefs, values and guidelines to the rest of the world and have a crack at them as well.

Life is a journey... not a destination... enjoy the ride!!



Before we take aim...

So before we start to take aim I guess you may have had the opportunity to read the "**bob the boss**" resume so it is only fair that you have a look at how I and Anne looked when we got married in 1971 when I was a young PE Teacher, 24 years of age and Anne was a 22 year old Pharmacy Assistant and also how we have progressed over the last 51 years to 2021 on the evening of our 50th Wedding Anniversary... it has been a great, enjoyable & interesting Journey.

This leads me to the absolute realisation that if you are lucky enough to find the perfect life partner then you are indeed... **Blessed**.

The inspiration for writing this book would not have occurred if it was not for the love, affection, support, care, friendship and encouragement of my wife, Anne ... she takes the marriage vows very seriously I also should include my first 22 years with my Mum!!!

Later on in the book I describe what makes a Champion seriously for me there will never be a better champion than Anne.

She has never woken up cranky, she has laid my clothes out every day for 51 years, she worked 2 jobs to assist the kids and our family finances. She encouraged me to take on many extra sport administrators jobs **why?** because it made me happy and she felt it was beneficial to my career.

I had over 30 International Trips with Sporting Teams with Anne's complete blessing while she stayed home and looked after the kids.



OK... OK...



**You are not the first to say that I am batting way above my average.
So continue reading and judge for yourself our Journey!**

Take aim...

The entire aim for writing this book is for as many people as possible both young & old to discover How to Master the Journey of Life and find genuine happiness ... could there be a better aim? Having now reached 75 years of age I feel that I may have the experience to offer some worthwhile advice in the hope that it helps as many people as possible.

The reason that I would like to share this advice is the fact that I have had an incredible & interesting career which includes 29 years as a PE Teacher & Sports Master and 10 Years as The Australian High School Rugby League President and the last 24 years as a Resort Manager having hosted over 300,000 guests. So I surely should have learnt something by now???

Hopefully the advice offered will be taken up by those who are challenged with guiding the future generations in making decisions that will lead them to successfully navigate the road map into the future not always that easy! This naturally includes parents, grandparents, teachers, partners employers and friends. The only way we can succeed with this message is to have discussion of Life's Journey on a daily basis.

My hope is that every school teacher's lesson ... every day ... every grade every subject that at least one of the 26 qualities from the A-Z Alphabet listed in How to Master the Journey of Life is mentioned in class discussions to gain both understanding and support Every Teacher can do this and enjoy it. This should give more meaning to all teaching.

I remember in the late 60's there was a strong push to improve overall spelling ability and the use of language in general. Every subject was to list 10 words applicable to their subject each week and the students were to learn what these words meant, how to spell them and how to use them both orally and written. This meant that students were learning these skills in all subjects instead of just in English. This was around an extra 100 words per week or over 4000 specialist words learnt per year. So there is no reason that the 26 concepts contained in How to Master the Journey of Life should not be taught by all subjects and not just PD/H /PE ... certainly the Alphabet of the Journey of Life at least which can be learnt and used in every subject. What would be wrong with English doing an essay on "Why Cigarette Smoking is bad for Society"? Geography could discuss Why Australia is the Lucky Country?? Science could explain how Oxygen is transferred from the blood into muscles? I learnt at Teacher's College to teach your subject. And also... Use your subject to Teach!! Then and only then will we have future generations graduating with the desire and knowledge to live life to the fullest with:

Happiness ... Goodness ... Fitness

Mac

How good would it be if we treated each other just like we treat our pets?

I mean have a look at this photo of my dog.



He is a 9 month old Cavoodle who recently chewed my \$8,000 hearing aids to bits!

Am I cranky with him? **...No way!** I should not have left them on the lounge.

Is he sorry? **...Probably not!**

Could I ever not like him? **...No!**

Do I love him also to bits? **...Yes!**

What would I do without him now **...I really don't know!**

His name is Mac... but since he chewed the hearing aids I call him **"HEAR BOY"**

You know our family, friends and in fact most people may not be so cute and get nothing like the attention we give our pets but at the end of the day they are even more important.

**We should think about giving
more compassion for each other!**

The vision for all...

To actually Master the Journey Life we have to both gain and take control and to aim to do things as well as we can so we achieve understanding in what our life is all about.

We need to strive to contend with the problems that life throws at us and do whatever it takes to ensure our Journey takes us in the direction of a better life so we are constantly motivated.

Our daily lifestyle needs to constantly contend with life's hardships and problems so our daily routine has to be done in a structured way that keeps our journey on the right track so that we always see the light at the end of the tunnel and head towards the light.

This journey starts the day we are born and continues for as long as we live but if we learn the skills to cope with life we will achieve the aim of the journey which for all of us is:

Peace of Mind that comes from being good and happy.

To gain this marvellous Peace of Mind which could be described as personal contentment and satisfaction we have to have a game plan to guide us and for me this is as simple as following The Aussie Code of Ethics and also learn off by heart the Alphabet for the Journey of Life which are both listed in the following pages.

It only takes just a few hours to learn and remember the A-Z Alphabet Values and a Life Time to daily put them into Practice.

**Just imagine if every home
followed this alphabet
...how good would that be????**



Get Active Australia



Beliefs, Values, Guidelines...

1. Beliefs

Happy to respect and warmly welcome all people irrespective of: age or ability, male or female, race or appearance, rich or poor, beliefs or birth place.

2. Values

Willing to support the following fair dinkum aussie spirit values
Respectful and Responsible / Honest and Caring / Friendly and Fair.

3. Guidelines

Encourages all Aussies to support the following guidelines:

- A:** Aim to keep Australia safe, clean and sustainable.
- U:** Understand it is just as easy to do the right thing as opposed to the wrong thing.
- S:** Strive to be honest and fair and accept no anti social behaviour.
- S:** Stress the need to be independent and responsible for your own welfare and decisions.
- I:** If a smoker aim to reduce or quit - but absolutely no butts left on the ground.
- E:** Empathy for all people including family, friends and strangers.

- S:** Support where possible local business and service providers.
- P:** Prepared to be friendly and say "G'Day".
- I:** Improve personal fitness by regular aerobic activity and sound dietary decisions.
- R:** Recognize that if you have a problem, you need to seek help to solve it.
- I:** Impressive lifestyle in regard to drinking, driving and gambling responsibly.
- T:** Treat all people equally and with respect.



How can we help...

The whole secret to how we can help us all have success in Mastering the Journey of Life is to think about it every day and remind yourself and all those you care for how important it is to follow the Code of Ethics, our Mission Statement, the Alphabet of Life and what it takes daily to achieve our common aims.

Imagine if everyone thought about these aspects 3 times a day this would be over 70 million positive thoughts which has to produce a great amount of overall success and sense of direction.

It is also about putting our hand up in agreement so we have strength in numbers to support being the best person possible.

We are also encouraged to appreciate that we live in Australia and how lucky we are to have so much freedom, justice and opportunity.

We should be proud to live in Australia and willing to say G'day and help when we can and where required.

Hopefully we will never lose the Aussie Digger and Anzac Spirit as we progress in the future to all believing in being Active Aussies.

If you follow the aussie code of ethics and the alphabet of life on a daily basis it becomes a normal and pleasing part of your lifestyle.

This will go a long way to making our country safe, healthy, equal fair, honest and happy.



**So C'mon Australia...
put your hands up!!!**

Hands up!

Put your hand up to agree to follow the fair dinkum aussie code of ethics and the alpabet of life on a daily basis so it becomes a normal part of your lifestyle.

- Be proud to live in Australia and say G'Day.
- Follow to the best of your ability the fair dinkum aussie code of ethics and the alpabet of life.

How you can help to make our great country safe, healthy, equal and happy.

- Display the alpabet of life in your home, school and work place.
- Parents to explain to their children regularly how important it is to follow the alpabet of life.
- Teachers to refer to the alpabet of life whenever it applies to the curriculum so it becomes a natural part of our culture once more.
- Employers to display and follow the alpabet of life with their staff.
- Sporting Teams to follow the alpabet of life on & off the field.
- Everybody to encourage all visitors and new aussies to understand and follow the alpabet of life.
- Use your social media contacts to encourage support from the entire community.



So C'mon Australia... put your hands up!!!

Parents...

Naturally the development of your Family Values is entirely up to you. However if you agree with the fair dinkum aussie values, beliefs and guidelines then this is what we would like you to consider:

- Encourage your children's school to also follow these beliefs and the alphabet of life inside the current syllabus.
- Photocopy the alphabet of life and possibly laminate it and place in on your refrigerator door as a guide as to how your family lives on a daily basis.
- When the opportunity arises in normal family discussions refer to the document and regularly reinforce to your children that this is how fair dinkum aussies behave. So in time it seems perfectly natural for our current children to behave as fair dinkum aussies and hopefully will want to grow up to be fair dinkum aussies. We want our children to be proud of living in Australia and following these values.

When I was a little boy growing up in Bexley around the time of the Melbourne Olympics I was proud of our worldwide image of "bronzed aussies" as it meant we were fit, healthy, outdoor type of people and loved the recognition of being good at all sports.

I want our kids to be proud of growing up as "fair dinkum aussies!"

Why?

Having lived in Australia, "The Lucky Country" for 75 years I am disappointed, as I'm sure you are, with the overall drop in society standards.

On the birth of my granddaughter I realised something had to be done to make a difference so this beautiful little girl just like your special children could grow up in a happy, healthy and safe environment.

At the end of the day we have 3 choices:

- Sit on our hands and hope things get better
- Cross our arms and claim it is not our problem
- Put our hand up to offer to make a difference

What we need is the Revival of the fair dinkum aussie spirit!

Simply put it is going back to good old fashioned beliefs and values of treating all people equally and following and promoting values such as being:

Responsible / Respectful / Honest / Caring / Friendly / Fair

...how could you argue with that?

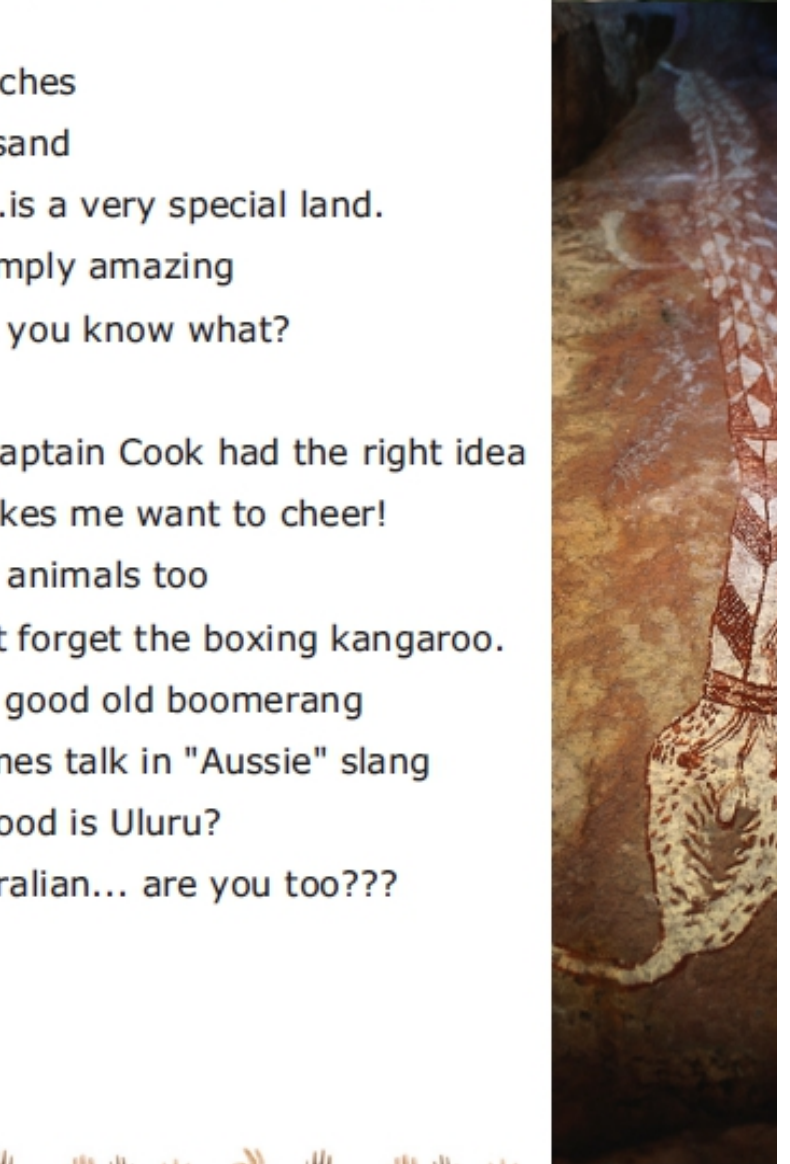
We need every caring person to put their hand, give the thumbs up to being fair dinkum and willing to make a difference! Get your friends to do the same and want it too!



Ode to Australia!!

I love Australia's beaches
Its lovely soft white sand
For me... Australia ...is a very special land.
Our landforms are simply amazing
The tourists ...well... you know what?
They're still gazing!
Finding Australia... Captain Cook had the right idea
Being Aussie just makes me want to cheer!
Let's think about our animals too
Koala, emu and don't forget the boxing kangaroo.
Let's think about the good old boomerang
or ...how we sometimes talk in "Aussie" slang
Fair dinkum ...how good is Uluru?
I'm proud to be Australian... are you too???

By Alana Clarke (10 years)
Burgmann Anglican School
Canberra



Teachers have never had a more important time...

to assist their students in striving to... Master the Journey of Life.

An opportunity is a set of circumstances that makes it easy to do something and if we can keep it simple it will be better understood and followed so presenting no difficulty as we all move forward... **In the Journey of Life!!!**

There is obviously no doubt that the Journey of Life is important for people of all ages but it has special significance for our younger generations as they develop from children to teenagers to adults. Hence the information contained in this book could prove to be invaluable for the 4 million students in the 2706 High Schools and 9000 Primary Schools in Australia. Just imagine if all graduating students had everyday of their schooling learnt some aspect from the Journey of Life, Get Active, Being Fair Dinkum and Learning the Alphabet of Life we would be well on the way to restoring our famous Aussie culture and becoming known again as in the 50's & 60's around the World as... **"Active Aussies"**.

Right now we have over 10, 000 PD/H/PE Teachers in Australia who would be doing a great service to be teaching or mentioning on a daily basis the Values required to Master the Journey of Life. All the Values actually fit perfectly into the PD/H/PE Curriculum.

When I went after 16 years from the NSW State System as a PE Teacher to Central Coast Grammar School I was passionate about teaching but I guess without realising it I concentrated on sport participation.

At Grammar in the first year there were only 200 students from Kinder to Year 11 and the majority had never really been involved in playing much sport and as such their skill level was poor. So I changed tactics and we went about becoming Active Aussies and improving general fitness and basic movement skills.

We did Cooper's 12 Minute Run Test, The Australian Fitness Test, Body Fat %, Pulse and Recovery Rates, V02 Testing along with basic skills of throwing, catching, hitting, kicking, running, jumping, gymnastics, dance and playing games purely for fun.

Eventually as the school grew we became more proficient at participation in Team Sports, Athletics, Cross Country and Swimming but the emphasis in PD/H/PE classes still remained all about Getting Active with Health, Fitness, Diet and the constant desire to be the best and happiest person possible in all aspects of their Chain of Health. Years later if I run across former students they immediately claim they are still active and are not carrying weight and are proud of their Daily Lifestyle.

What a Reward!

If we can start and continue to achieve an Impressive Lifestyle with our students with the majority of our future generations seeking...

happiness, goodness and fitness

we will once again as a nation hold our heads up high and be proud to be "aussies".

It is difficult to change the World but if we all make our own homes & backyards a nice place to be we are well on the way to making the World a better place.

Coming Together and Living as One Could this be the Answer???

With guidance the current 10,000 PD/H/PE Teachers can lead our students in the Journey of Life.

In Australian High Schools students actually have instruction in PD/H/PE on a weekly basis or at least 300 hours from years 7 -10 but that is the minimum!

I must point out that PD/H /PE often suffers as the class sizes can be as high as 28 students far too many for one teacher to effectively teach and especially change attitudes in such a diverse subject.

Often the students with the less skills ability and fitness levels are left behind and in fact often lose interest.

What we need is class sizes of around 15 students with one teacher or have 28 students with an additional assistant teacher to assist the current teachers with their classes so the students can be better divided into groups for both skill and attitude development.

Also the general health & fitness issues cannot be over emphasised if we are to produce and develop a future generation of:

100% Active Aussies

PD / H / PE aspects

Aspects that relate directly to the "Active Aussie" from the K -10 Personal Development, Health and Physical Education Syllabus of NSW.

Background

Although the entire Syllabus relates to being a fair dinkum, good and healthy person I have emphasised those aspects that relate directly to the AA Beliefs, Values and Guidelines that are available to teachers as additional content. What we need is for all teachers when they are teaching these aspects from the curriculum to constantly refer back to their students how this is what a active aussie does. In time the next generation will know exactly what it means to be a active aussie and hopefully want to be one. Introduction from the NSW Board of Studies K -10 Curriculum. The Syllabus assists students through the acquisition of additional knowledge, understanding, skills, values and attitudes.

- Enable all students to develop positive self concepts and their capacity to establish and maintain safe, healthy and rewarding lives.
- Prepare all students for effective and responsible participation in their society, and develop a system of personal values based on moral, ethical and spiritual considerations.
- Promote a fair and just society that values diversity.
- Possess the knowledge and skills necessary to maintain a safe and healthy lifestyle.
- Understand and appreciate social, cultural, geographical and historical contexts and participate as active and informed citizens.

Rationale

- PD/H/PE contributes significantly to the cognitive, social, emotional, physical and spiritual development of students. Students are able to adopt and maintain a healthy, active and productive life.
- Students learn and understand how inter personal relationships promote positive health.
- Wellbeing is based on personal values and an understanding of ethical considerations.
- The issues that affect young people include physical activity, mental health, drug use, sexual health, nutrition, supportive relationships, personal safety, gender roles and discrimination.
- A whole school approach is important involving agreement and support from family and parents, the community, health agencies, Local ,state and national authorities in sending consistent messages to students and establishing supportive environments that promote health.

Aim

The aim of the K -10 PD/H/PE Syllabus is to develop students' capacity to enhance personal health and well being, enjoy an active lifestyle, maximise movement potential and advocate lifelong healthy attitudes and values.

Objectives

The students will:

- Enhance their sense of self, improve their capacity to manage challenging circumstances and develop caring and respectful relationships.
- Take actions to protect, promote and restore individual and community health.
- Participate in and promote enjoyable lifelong physical activity.

Values and Attitudes

- Value health enhancing behaviours that contribute to active, enjoyable and fulfilling lifestyles.
- Develop a willingness to participate in creating and promoting healthy, supportive communities and environments.
- Develop a commitment to principles that promote social justice.



Educational objectives

There is no doubt that the objectives contained in Alphabet of Life fall into line with the educational objectives of all our education associations.

It is particularly relevant in many subject areas but particularly in PD/ H /PE.

This program would achieve universal support from administrators, teachers and parents.

The objectives would include an understanding at the appropriate developmental age of children from 4 years - 18 years:

- What is active aussie spirit?
- Treating people as equal irrespective of:
 - age / ability / male / female / rich / poor / race / appearance / beliefs / birthplace.
- Understanding values such as:
 - respect / responsibility / honest / caring / friendly / fair
- Understanding guidelines such as:
 - safe / clean / sustainable / honest / fair / anti social behaviour / independent / empathy / friendly.
- Support aspects such as the local community.
- Improve levels of personal fitness by not smoking / sensible diet / regular fitness activity.
- Understand personal problem solving strategies.
- Drink / drive and gamble responsibly.
- Acknowledge our Traditional Custodians of Country.

All of the above could easily be covered by both general and individual school work sheets which would be easily produced by teachers in the field and approved by the various curriculum bodies.

The best chance you have of winning the magical Journey of Life is to be the type of person who follows the qualities listed in the following pages of this book and the A-Z Alphabet for Life.

The Journey of Life

put simply is a life full of

Happiness... Goodness... Fitness!

Some choices will appear to be more important than others and do overlap depending on each individual's aims and objectives. Naturally there are many more choices but I feel we have captured the essence of success. To be a success you will need the majority of the qualities.

However the stand out main ingredient to connect all the qualities and in my opinion you will not Master the Journey without it is that you have to everyday and on all occasions... **CHOOSE TO BE HAPPY.**

This is the foundation for a happy life and along with the other quality ingredients

gives life the taste of success and actually makes us strive to realise that no matter what happens we can be happy with what we have

...not what we would like to have or happen!!!

I certainly wish you well on your journey and sincerely hope that eventually we all will be guided by the vast majority of happy and caring people in our great country instead of the minority of people who look for the negative in virtually everything they say or do.

So c'mon Australia... get moving and enjoy the ride of your life.

You only live once...

actually we live everyday and only die once!

Life is a Journey not a Destination!

**Bumps in the road ahead are
guide signs not stop signs!**

How to begin the journey...

We begin by studying and discussing and learning to understand the 26 Values listed in the Alphabet of the Journey of Life.

I mean if we can all learn off by heart the 26 letters of the reading & writing alphabet we can definitely learn and remember the 26 qualities required in the Alphabet of Life.

But the secret is by discussing the 26 values time and time again and at the stage of appropriate maturity of infants, primary or high school students.



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So how do we master the journey of life?

We start by taking a **big 1st step** forward to

. Choose to be happy

If you do this I am confident your life will be full of joy and you will learn to cope well with problems as they arise.

This is followed by a **2nd big step** by realising it is

. Just as easy to do the right thing as opposed to doing the wrong thing... this assures justice.

The **3rd Big Step** is to decide to be determined to

. Follow all the 26 qualities in the Alphabet for the Journey of Life and you are well on your way.

I have divided the Journey of Life into three sections for people of all ages to hopefully read, understand and adopt into their personal daily lifestyle accordingly.

Living is one thing... Living happily is everything!

- This involves in every situation reacting well by **Choosing to be happy!**
 - Being the best person possible by **Choosing to be good!**
- Having a lifestyle that seeks good health by **Choosing to be an Active Person!**

You never lose the opportunity to make a choice!!

So it is up to teachers of all subjects and ages, parents, grandparents, partners and all adults to guide their children and also themselves to Master the Journey of Life by seeking each day to achieve their absolute best possible...

Chain of Health!

Physically ... Mentally ... Socially ... Morally

you are only as strong as the weakest link!!

If you stay strong you will achieve the 3 major Aims of Life

Happiness Goodness Fitness

In everything we do, learn and practice daily at home, school, work and play these three aims should remain paramount in all our actions and reactions in our daily lifestyle.

It would be a great step forward if all students learnt at school whether they were born in Australia or have chosen to live in Australia "The Citizenship Pledge". We all have the opportunity to live with and support each other for the benefit of all and only then do we really become... **The Lucky Country!**

The citizenship pledge...

"From this time forward I pledge my Loyalty to Australia and its people whose Democratic Beliefs I share, whose Rights and Liberties I Respect and whose Laws I will Uphold and Obey".

Starting the journey...

The Journey of Life begins with the joy of Birth and ends with the sadness of Death. Between is our opportunity to live happily.

No matter who we are or what so called wealth we have we all have the same 24 hours in every day and the ability to use this time in the best possible manner.

Our lives are basically divided into 3 equal parts

0 - 30 years Learning how to live!

30 - 60 years Consolidation of how to live!

60 - 90 years The Reward or Completion of living a happy life!

In each section we need assistance in so many different areas. Learning comes from parents, grandparents, teachers and friends. Consolidation comes from parents, partners, employers and goals.

The Reward or Completion comes mainly from your own life experiences and feeling good about yourself.

To achieve the highest level of success in all categories we need to be committed

to the Aussie Code of Ethics, The Alphabet of Life and also adhere to the Get Active Australia Mission Statement!

Mission statement...

Promoting the fair dinkum "aussie spirit" is about respect for all people, places and things.

All people living in Australia are encouraged to pursue these values in every aspect of their life with positive daily lifestyle choices so they become enthusiastic members of the community.

As the Founder I believe that by Education from K – 10 and constant daily reminder of the "aussie spirit" at both school and in the home we can achieve individual respect, responsibility and honesty both to and from all others.

So start by saying "G'Day" and lets get this conversation going about all of us being fair dinkum.

Bob the Boss Founder

The alphabet of life...

Values to Master the Journey of Life!!!!

ALPHABET of *Life* VALUES

A	Appreciate
B	Brave
C	Consistent
D	Determined
E	Empathy
F	Fair Dinkum
G	Good
H	Happy
I	Interested
J	Justice
K	Kind
L	Like & Love
M	Morals
N	Nice
O	Optimistic
P	Praise
Q	Quality
R	Resilient
S	Smile
T	Thoughtful
U	Understanding
V	Versatile
W	Wise
X	X-Factor
Y	Young at Heart
Z	Zestful



DOWNLOAD

www.howtomasterthejourneyoflife.com.au

So now every word you read, write or spell has its own alphabet of life.

For Example:

Life would be **L I F E**

Like - Interested - Fair Dinkum - Empathy

My wife Anne would be **A N N E**

Appreciative - Nice - Nice - Empathy

A double dose of Nice absolutely!

Love would be **L O V E**

Like - Optimistic - Versatile - Empathy

Aussie would be **A U S S I E**

Appreciate - Understand - Smile - Smile - Interested - Empathy

I am often asked??

What is the secret of a long & happy marriage??

My one word to do for each other is **H E L P**

Happy - Empathy - Like - Praise

Why not try it and see what a difference it can make?

It's never too late to make a difference!!

We all recite and know the A-Z Alphabet for reading and writing... simply 26 letters which now are associated with 26 Life Values!

Below are my ideas on the Alphabet to Master the Journey of Life ...you may also have other words that start with the letters that are important for you.

How good would it be if we all knew and followed these values to the letter.

See if you can learn the 26 Values and meanings off by heart and follow them to the absolute best of your ability.

What a difference this could make for all of us on a daily basis and just maybe help change the World.

**This gives us an actual Game Plan
to both enjoy and have the best possible chance to
Master the Journey of 100 years of Life!**

So how do we use the alphabet of life to master the journey of life?

• Primary School... Years 3 -6

By the end of year 6 it is expected that all students will know the Alphabet of Life off by heart.

They also should have a good understanding of what each Word or Value means and how they should adapt their daily life to reflect these Values.

C H I L D Consistent - Happy - Interested - Like - Determined

• Secondary School... Years 7 -10

As they move into their teenage years it is expected that students will discuss in all classes when appropriate the Values from the Alphabet of Life. It is also a good time to discuss other Values that also could fit into the Alphabet especially for their own beliefs.

T E E N A G E R Thoughtful - Empathy - Empathy - Nice - Appreciate - Good - Empathy - Resilient ...interesting ...3 lots of empathy!

• Senior College... Years 11-12

This is a time of ever growing maturity and complexity as they head to closing in on being an adult. Years 11 & 12 are also very stressful in regard to the work load and the pressure to do well. The alphabet of life needs to daily help them meet and understand these challenges.

This is exactly the time when Teachers and Parents can use the Values contained in the Alphabet of Life for the students to choose to be determined and resilient to do the best they can whilst still remaining Happy and Good.

S E N I O R Smile - Empathy - Nice - Interested - Optimistic - Resilient

• Adult

Having left school and moved out into the Adult World it is expected that students will remember and act on what they learnt at school and become Responsible and Caring Citizens.

A D U L T Appreciate - Determined - Understand - Like - Thoughtful

The values of life...



A to Z

Value A

Choose to Appreciate

Grateful and appreciation go hand in hand and generally it is a true recognition of how pleased and happy you are.

Appreciate and enjoy the good times and understand that everyone including you has bad times and this leads to a better understanding of our life's Journey.

Life is a series of ups and downs.

You will never regret being kind, helpful and appreciative
Be grateful for what you havenot what you would like to have.

Often we say someone is spoilt but I feel that you are only spoilt if you do not appreciate and also share what you have that might be considered extra or special.

If you are grateful you will not become one of the "if" people who indicate that if they had a new car...new house....new bike new job then they would be happy maybe not!

An expression of appreciation always brings a smile to all those involved.

If you went to a meeting with 100 people and they all discussed their problems most times you would pick up your bag of problems and go home grateful that was all you had going wrong.

If you are grateful for the small things in life than the so called big things will work out just fine ...I mean if you have food ...clothing shelter and love you are going OK....The 2 most important words you should say regularly are Thank You!!!

"Living in a lucky Country is One Thing ...Appreciating it is Everything"



Value B

Choose to be **Brave** and do your **Best**

The real test of being a success and worthy of winning the Journey of Life is..... is simply Have you done your best??

If so good on you!

Success also indicates Passion & Pride!!

How can you not appreciate and admire a person with Passion? Winners who do their Best always have Passion in abundance.

Sure sometimes you get knocked down but life is about picking yourself up and becoming stronger.

You never know how strong you are until you have to be strong.
Successful people think they are going to win. To win in life ...work like you are coming 2nd.

The only time success comes before work is In the Dictionary.

"Having a Go is One Thing ...Doing your Best is Everything"



Value C

Choose to be **Consistent** in all you do!

If you are to manage to be consistent in all that you do it will become part of your personality. People will appreciate you and you also will be content and happy inside your own skin. Think about how you good you would feel about a consistent parent.....employer....partner....friend....sports person....teacher. In fact students over the years have voted teachers who are consistent in their behaviour, appearance , marking, discipline as their favourites....consistency also meant consistent in their daily interest, progress and concern for their students as well.

I mean how good is a consistent cafe employee who makes your morning coffee with the same taste and temperature everyday and also greets you with a smile and remembers your name & order. Lets face it, if you are consistently happy, a good person and genuinely fair dinkum you have just about won a happy life already. All talent needs consistency...you will not make it in this life as well as you could if one day you are strong and the next day you are weak. Being consistent sees you grow into that very special person known as "Mr or Mrs. Reliable" who is admired by all. Consistency doesn't mean you have to win all the time but means you always give your best which is success in itself and people will admire you for being.... dependable....trustworthy....persistent determined. Remember the opposition want to win as well so do not be too hard on yourself if deep down you have tried as hard as you can consistently.

"Doing things Well is One Thing ...Doing it all the Time is Everything"



Value D

Choose to be Determined

This is such an important quality if you are aiming for success which means getting done what you wish to achieve and doing it as well as you can.

If you are not determined then things get left to chance and often that means no chance. Determination is what sets so many of us apart. Determination makes our dreams come true.

If you do get things done you feel good about yourself. All champions get to where they are by being determined to get there. Goal setting is always a good idea but you still need to be determined to reach those goals.

Determination takes place on a daily basis and needs to be a part of your lifestyle and works hand in hand with your happiness and ability to Master the Journey of Life that you want to achieve.

If it is worth doing....it's worth doing it to-day.

"Having a goal is One Thing ...Determined to Achieve it is Everything"



Value E

Choose to have Empathy

When I think of the most important word in the English language that determines our overall behaviour, respect and responsibility that word is... Empathy.

Words such as success ...moneyholidays.....relationships are meaningful but do not hold a candle to empathy which always wins hands down.

Treating people in the way you would like to be treated would actually go a long way to solving the World's problems.

An act of kindness will not change the World but it can mean the World.

We would have general happiness, compassion, concern, sensitivity, acceptance, well being and the ability to share the feelings of others.

Not: Racism, War Crime, Hunger, Greed, Violence etc; etc;

A candle loses nothing by lighting another candle!

"Sympathy is One Thing ...Empathy is Everything"



Value F

Choose to be "Fair Dinkum"

It will be very difficult to Master Life at all if you are not fair dinkum. This is a uniquely "aussie" saying coming from the goldfields of the 19th Century when a prospector claimed he had a full bag of gold called a "fair dunkum" which he was taking into town to sell.

Over time the dunkum got misspelt as dinkum! Fair dinkum means that you are:
Telling the Truth.....being genuine.....it is the real deal
Giving your word... seriously I am being fair dinkum!

It is your personal honour. It has the same meaning as your genuine handshake
The qualities needed to prove you are fair dinkum are Respectful & Responsible Friendly & Fair Honest & Caring.

This certainly makes you a person to be liked & admired and being an "aussie" simply means you live in Australia and that's fair dinkum!

"Being an Aussie is One Thing ...Being Fair Dinkum is Everything"

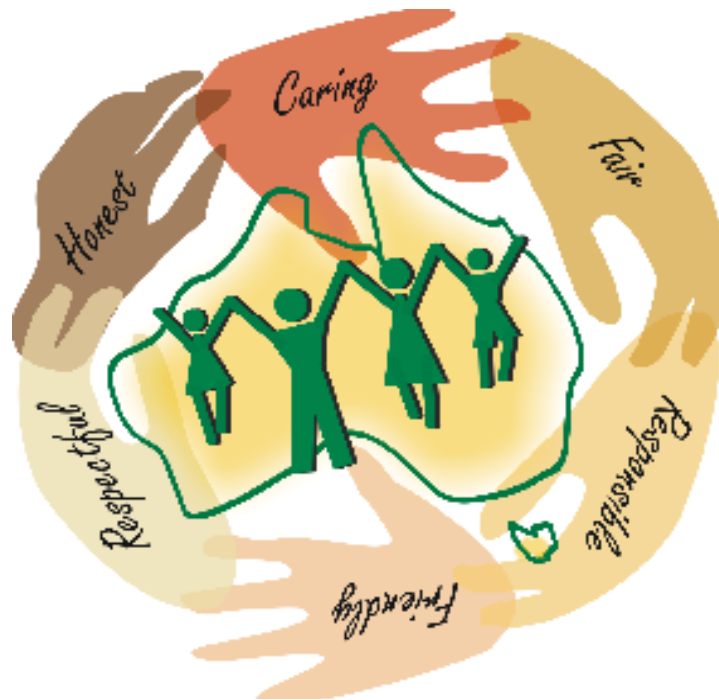


The qualities needed to be **"Fair Dinkum"**

Respectful and Responsible!

Friendly and Fair!

Honest and Caring!



Is this you or could it be you???

Value G

Choose to be a **Good** Person!

Absolutely everybody knows what it means to be Good!! You will never regret being good or striving to be good!

Good work.....good job.....good on you....good for you good game....

The best way to ensure that you are the best person possible is to always use foresight and do not repeat any previous mistakes. Think about what you are going to do and how you will react.

You need to be trustworthy....hardworking....creative ambitious....

My research indicates that out of every 100 adults on average 25 ... are very good - leading to outstanding No 1

25 ... are good - hopefully leading to very good No 2

25 ... are not so good - hopefully leading to be good No 3

25 ... are often bad - hopefully not leading to be very bad No 4

So if you found a wallet full of cash and credit cards maybe this will happen?

No 1 - does whatever they can to return it personally to the owner.

No 2 - will return it but may consider taking a little of the cash.

No 3 - takes all the cash maybe uses a credit card and throws the wallet back on to the street for someone else to deal with.

No 4 - takes all the cash, uses the credit cards and buries the wallet and even possibly breaks into your home as he has their address.

It is very difficult not to be happy if you are seen as being a very good person. Looking for the good in others you also find the good in yourself.

"Being Yourself is One Thing ...Being Good is Everything"



Value H

Choose to be **Happy!!!**

Without doubt this is most important initial quality as it can control all other emotions and qualities leading to a multitude of good decisions on a daily basis including feeling pleasure...contentment...sense of trust...willing to help others... accept problems which in turn adds to your overall happiness level as well as making other people around you happy because of your realistic, unselfish and positive attitude.

Being happy puts a line in the sand for all decisions and no decisions are more important than personal decisions so YOU need to stay inside the line. Inside the line leads to positivity ...outside the line leads to negativity

No matter how small the incident or problem remind yourself to be happy. Frustration and disappointment may start to creep in but if you stay positive there will be no real loss of long term happiness. This way you will get over issues much better, easier and quicker.

Being happy enables you to get on with life and being positive is far better for you and is appreciated by all around you and actually helps others to be happy and in fact our homes, towns and cities become safer and can even lead to a better and happier world.

I actually carry a sea shell in my pocket everywhere I go...if I have something go wrong I look at the shell and it is a constant reminder that a decision or reaction should not affect my level of happiness. At the end of the day what makes me happy is as simple as being GOOD!

Happiness is not by chance ...it is your choice. If you love life ...life will love you back.

"Living is One Thing ...Being A happy Person is Everything"



Value I

Choose to be **interested** in others!!

This is an aspect of your life that takes your thoughts and actions away from yourself and assists greatly in you caring for others.

Interest in others comes in many forms:

How are you going?

How are you coping?

What is happening at school or work?

Is there anything I can help you with?

Would you like to do something together?

Congratulations on your recent success!

The list is endless!!

You will find that you also get great benefit by being genuinely interested in others.

Interested involves listening...curiosity...concern.

Interesting and interested are lifelong beneficial qualities.

It is one thing to know someone. It is everything to be interested in them!

Love everyone....trust who you can...hurt no one.

"Involvement is one thing ...Being Interested is Everything"



Value J

Choose Justice

Choosing to support Justice clearly indicates that you are choosing to do the right thing at all times and using fairness and goodness as your main guidelines for your normal everyday behaviour.

One of the great benefits of living in Australia is that you have the absolute right to Democracy & Freedom and this is guaranteed by a Legal and Honest Justice System.

If you always do the right thing you will be supported by the Justice System and your Moral Standards.

In fact inside Justice is the word JUST.

Just as easy to do the Right thing as opposed to doing the Wrong Thing.

In fact it is often easier to do the Right Thing.

Just Do it!!!

Putting hindsight and foresight into your daily life, decisions and actions.
You will never regret just doing the Right Thing!

"Doing the Right Thing is One Thing ...realising it is Just as easy is Everything"



Value K

Choose to be Kind

When we think of being kind normally donating money or gifts comes to mind.

However a kind person also gives freely of their time, friendship, care and expertise.

A kind person is also very aware of contributing to society and making the world a better place for future generations.

A kind person goes out of their way without hesitation to humbly help and show leadership Love and be big hearted Understand, Forgive, Guide and assist, Follow up, Move forward, Be Generous.

A dog is often a generous friend.

So do not be afraid to express your feelings and possibly even wag your tail?? If only we would care for each other the way we care for our pets!!!

Sometimes silence can also be a strong opinion.

An act of kindness no matter how small is never wasted.

"People in need is one Thing ...Being Kind to them is Everything"



Value L

Choose to **Like** and **Love** others

What a fantastic quality to possess. It clearly demonstrates your depth of feeling for the people and things that are important for you to support particularly when times are tough or not going so well.

Even if you disagree with others most people will still admire a person who possesses the ability to Like them.

Like sums up the goodness in the majority of the other qualities listed and without the ability to Like it would be hard to always be happy especially if you want the best for everyone.

Like and Love in many ways go hand In hand but overall there is a lot more to like then love.

I mean you can like school or work you don't have to love it!

A person who likes others has:
Devotion Commitment Honesty
Reliability Trustworthiness
Devotion Dependable
Faithfulness
Strong feelings for others Loyalty

"Caring for someone is One Thing ...Liking them is Everything"



Value M

Choose to be **Morally Strong**

Morals are the general standards you aim to live by and hopefully all those around you also choose to follow.

Being Morally Strong also allows you to be genuine and say SORRY when you need to apologise.

It is a strong person who is able to put their hand up and simply say I got it wrong I'm Sorry!

Aspects of being morally strong include:

- Foresight
- Hindsight
- Obey rules
- Truthful
- Standards Self
- Discipline
- Cooperative
- Respectful
- Common sense
- Behaviour

If you don't understand happiness you don't understand life!!

"Standards are One Thing ...Morally Strong is Everything"



Value N

Choose to be a Nice Person

Being a nice person leads to being a sincere friend which is both positive for you and your friends. A good friend is extremely pleased when you are doing well or you get some good news and helps as much as possible if you have some bad news.

A lasting quality of a sincere friend is that they are genuine.

A good friend is an absolute "champion" and is a Nice Person.

A champion gets 98/100 on their best day but that alone does not make them a champion but what makes them a champion is that on their worst day they get 93/100.

How many champions are there in your life?? You often have to put the needs of your friends in front of your own and be happy to do so. Love is a very difficult emotion to explain.

My definition is that to Love someone you have to always want the best for them in every way possible without hurting anyone else.

This means apart from people who are guilty of criminal, illegal and bad anti social behaviour there are very few people you cannot love to some degree.

Look how we all love our pets and would never let any harm come to them...This is exactly how we need to treat each other.

The mark of a person is not judged by what they have but is judged by what they do for others!!! If you have everything but no friends you have nothing.

"Being busy is One Thing ...Being Nice is Everything"



Value 0

Choose to be **Optimistic**

Your attitude & optimism virtually determines how you handle a multitude of circumstances and situations. You wear your attitude on your sleeve and it is determined each and every time by both your heart & mind.

Optimism allows you to look on the bright side of life. Your attitude determines how best to handle a situation. Attitude becomes extra important when something negative occurs and you really need to be optimistic.

Your initial reaction is just so important...often things work out but you can be disappointed at how you reacted in the first instance. If you have a positive attitude you expect things to work out.

Negativity achieves absolutely NOTHING.

Optimism has the ability to give you the best chance for things to work out well with little after taste. Your attitude actually determines what type of person you are and your overall happiness level not only for you but for all others involved.

In hard times it is your attitude and level of optimism that determines whether you win or lose.

"Things going wrong is One Thing ...A Positive Reaction is Everything"



Value P

Choose to **Praise** Regularly

People may have trouble hearing but they never have trouble hearing praise. Even from 2 metres people may not hear you asking for help to lift a heavy object but from 20 metres they will turn and look if you say you look really nice to-day?? I mean is there anyone who does not like and respond well to praise?

When was the last time you praised, thanked your parents or even said you love them... you can never do it too much!!!!

Praise definitely makes you feel good and any effort you have to improve, perform or complete a task seems so much more worthwhile if you receive genuine praise. Naturally people you respect and are important in your life who praise you for what you are doing is a big and meaningful factor.

Also certain times to receive praise can be more important especially if you have been down and need a lift. No act of kindness or success no matter how small ever goes wasted and is worthy of praise.

Giving praise is a positive move of commendation for all concerned. Praise often is in the form of warm approval, respect, gratitude. If you have lost a game and your coach gets you aside and points out the things you did well the pain of the loss is incredibly eased.

Advice mixed with praise is better than advice on its own.

"People making a good effort is One Thing ...Praising them is Everything"



Value Q

Choose to be a **Quality** Person

To be a quality Person you need to be Realistic. Set your goals in life just beyond your reach or showing realistic improvement so what you do is considered Quality. I mean if you got 62/100 for your last Maths Test do not expect to get 90/100 next time.

However if you aim/or 72/100 and you did extra work and maybe got some assistance that result would be a great effort and considered a quality result. 90/100 can happen but it still takes time and persistence and will prove your Quality as a Person.

If you wish to lose body weight you have to give yourself time. Reducing your daily food intake by an average of just 200 calories a day will result in a 10kg loss in just one year.

That is both realistic and achievable and also fantastic and once again indicates Quality. So also try and assist others to be realistic in their goal setting aims so that they do not throw the towel in because they find it too hard or have gone for too much success too soon.

Goals should be just out of reach.....not out of sight.

If you shoot for the moon and miss you still end up in the Stars....now that is Quality.

"Doing work is one Thing ...Quality Work is Everything"



Value R

Choose to be Resilient

Resilience is a clear indicator of your personal inner strength to accept disappointments, problems and move on. It also means to be strong ...compassionatehave a mental reservoir emotional regulator.

If you are resilient there is never a need to bully someone who possibly is down or not doing so well. Help them up don't knock them down. There is no doubt that life in general has many regular ups and downs and if you learn to cope well and move on the level of respect you gain is both rewarding and beneficial.

A problem is not a stop sign it is more like a speed bump that you have to handle carefully and move on in a positive manner.

It is absolutely fine and to be encouraged that you do all in your power to win and you hope to win in all aspects of our life but you still understand that many times you might lose. If you need to solve a problem put your hand up and ask someone who has had the same problem just how best to handle the situation.

At times you may need to build a brick wall around yourself but you also need to learn ways to go over or around the wall and sometimes how to break down the wall. A famous footballer who suffered a good deal of personal disappointment as a sports administrator always got over his disappointment with great dignity by remembering the words of advice from his dad which was: In this life you have to play with the cards you are dealt with.

Life is not about being knocked down ...it is how well you get up.

"Accepting you have Problems is One Thing ...Solving them is Everything"



Value S

Choose to **Smile** & **Laugh** as often as you can

Laughter and smiling spreads happiness and a good feeling not only for yourself but for everyone around you. Laughter is really easy but you have to be up for it.

The recent Pandemic has clearly shown us the importance of the little things in life and finding the positive in all situations and laughing and smiling as much as you can. When things go wrong you often have only 2 choices - Laugh or Cry!!!! You know it takes 43 facial muscles to frown and only 17 to smile.

So smile a lot and you will not develop those frown lines on your face as you age and suddenly you look and feel better. Laughing is the language of Happiness... it has no accent. Laughing and Smiling makes you more likeable and trustworthy. Laughter is the Best Medicine. Laughter reduces stress... releases endorphins & serotonin Provides more oxygen... boosts the immune system. You can live up to 7 years longer if you Smile & Laugh a lot.

You focus better... your memory improves... protects your heart Overall you become more attractive... relaxes muscles Reduces blood pressure... causes weight loss. You don't grow old because you laugh a lot You grow old if you don't Laugh or Smile a lot.

"Talking is One Thing ...Smiling and Laughing is Everything"



Value T

Choose to be Thoughtful

Being social means being thoughtful and mixing well with people at all levels of involvement and friendship at sport, work, school, home and in fact in the entire community.

This is improved by your overall appearance, hygiene and general manners.

Important qualities of a socially thoughtful person are:

Honesty

Loyalty

Empathy

Trust

Interested

Personality

Communication

Consideration

People remember you for what & how you are Not for what you have!

"Being a friend is One thing ...Being Socially Aware is Everything"



Value U

Choose to be Understanding

There are those that say the only way to really forgive is to forget. Naturally that often can be difficult and sometimes close to impossible but in the long run it is far better to forgive than carrying a grudge, anger or hurt.

There is great value in being a person who understands that we are all human and we do make mistakes but we all can move on and hopefully learn from those mistakes. Forgiveness is all about letting go of resentment....ceasing to demand punishment ...letting go of anger...forgiveness always has a beginning.

It is often said that Life is a Journey not a Destination so moving forward is actually the aim of life.

Being a PE Teacher for 29 years there is no doubt you get far more motivation, success and friendship by forgiving and understanding your students and the mistakes they sometimes make and moving forward.

Encouraging the use of foresight rather than hindsight is one of the best lessons you can teach your students. I mean is there anyone who has not made mistakes???

3 steps forward and 2 steps back is still one step forward.

What doesn't kill you generally makes you stronger! Forget hurt, never forget kindness.

"Realising we all make mistakes is One Thing ...Understanding is Everything"



Value V

Choose to be **Versatile**

I have already mentioned the importance of genuine passion but to be versatile you need passion in everything that you attempt.

Anything... mean anything you do that is worthwhile and you are striving for the best result has to have some degree of Passion and Versatility.

This will be at School - Work - Sport - Family - Friends - Community. In fact the entire spectrum of life there is nothing you do that does not benefit from having genuine passion and versatility. For your passion to last a life time the thing that keeps it going is your personality and attitude.

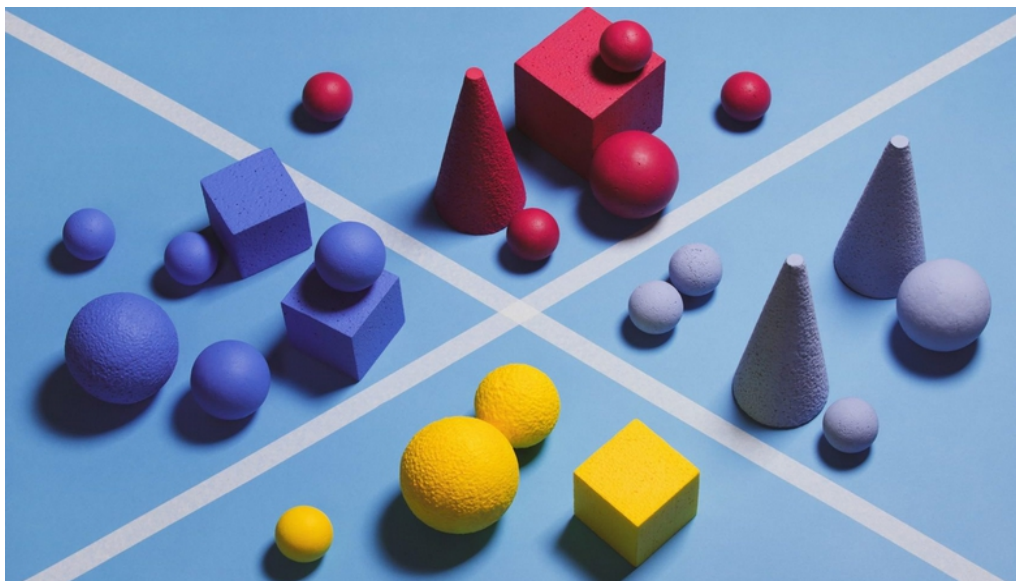
Love starts with Passion and lasts with a genuine Like for your Life. Liking what you are doing Liking what you have and Liking who you are with... in fact Liking your life. It is the Like that keeps the flame burning and this leads to the quality of being Versatile. If you have these Likes in your life you are well on the way!

Often Passions are shared with powerful emotions and intense interest.

The very best teachers - parents - employers - partners and friends are the ones that motivate those around them ...this stimulates their Passion!!

The best approach to handle those without passion and are critical is to: Simply show them your happiness with a smile!!

"Trying Hard is One Thing ...Doing this all the Time is Everything"



Value W

Choose to be **Wise**

Your mental health is judged by the success you have in doing your best and having the passion to be the best you can be especially in areas you find challenging.

It also includes the ability to be organised and well prepared Aspects for consideration would be:

- Study
- Hardwork
- Patience
- Reading
- Listening
- Learning
- Hobbies
- Setting goals
- Never giving up
- Positive attitude
- Doing your best
- Pleased if you do better

If you think you canyou can!!

"Mentally Alert is One Thing ...Mentally Strong is Everything"



Value X

Choose to have the X - Factor Lifestyle

The X - Factor is what you do, how you live and the decisions you make every day that determines your X -Factor Lifestyle.

Naturally we all have the odd bad day but overall you strive to make your lifestyle as beneficial as possible for your general health to achieve this most worthwhile X-Factors.

This requires sound and sensible decisions on aspects such as: Drugs - Alcohol - Smoking Nutrition - Physical Fitness - Exercise - Career - Friends Behaviour - Family - General Health - Respect and so on.

The overall aim of your X - Factor Lifestyle is to have the best possible score in the 4 aspects of the Chain of Health - Physical / Social / Moral / Mental.

You are only as good as your weakest link!

A score of 70 /100 for each aspect is far better than 90/100 for 3 aspects and 40/100 for one of them. A solid effort in all areas is the key.

Overall consistency of your standards in the Chain of Health is what makes you the X - Factor Type of Person.

"Your Daily lifestyle is One Thing ...An X -Factor Lifestyle is Everything"



Value Y

Choose to stay **Young** at Heart

This is important for your whole life but as I age I can see that this is most relevant in later years.

I am not sure why on your 1st Birthday that you are one year old ...maybe you should be one year young. I remember in Health Lessons I used to say we are aged incorrectly... we should be 100 years old when we are born and work backwardscurrently I would be 25 years.

This creates a totally different attitude ...have 25 more years to live... so if I stay young ...active and alert they should be great years. If you have too much time on your hands then your whole body slows down. This is the start of the finish. So to keep alert you have to keep busy both physically, socially and mentally.

One idea that been put to me is that as you get older should try to stay young with some new interest or challenges each year. Scientists studied Centurions in a South American Country to see why they lived so long.

The first common denominator they discovered was - They went to work in the field every day... they never retired. Finally after 3 months they discovered the second reason for them living so long... they were all... Small Eaters?????

"Old in years is One Thing ...Staying Young at Heart is Everything"



Value Z

Choose to have **Zest** by being an Active Person

This literally means aiming to an Active Person once again on a daily basis. You need to place an emphasis on at least the following aspects:

Aerobic Activity... 20 minutes a day with your pulse in excess of 120 beats per minute to gain a training effect aiming to have the highest level of Oxygen (V02) available per kg of body weight so as to fight off potential disease especially as you age.

Exercise for 10-15 minutes involving stretching & muscle tone. Dumbbells can be very useful for muscle tone & strength.

Recreation... have a variety of recreational hobbies for both fitness and enjoyment performed on a daily/weekly basis.

Diet... carefully consider your food and drink intake each day so as to gain maximum energy and weight control.

Concentrate on your personal hygiene and appearance.

"Your Health is One Thing ...Being Active is Everything"



The Alphabet of Life Values

The Code of Behaviour for Schools... Families... Business...

Sporting Teams... in fact everybody!!

Letter	Value	What this can mean for you?
A	Appreciate	To be grateful for what you have now in your life
B	Brave	To have the strength to do your best in all aspects
C	Consistent	Enables you to be recognised as reliable and considerate
D	Determined	Desire to both start and achieve your goals
E	Empathy	To treat all others how you would like to be treated
F	Fair Dinkum	Giving your word to be friendly, honest and respectful
G	Good	Getting pleasure and confidence from being a good person
H	Happy	Choosing to enjoy life and help others to be happy
I	Interested	Gives you the ability to care for & help others
J	Justice	Aiming to do the right thing and be law abiding everyday
K	Kind	Helping those in need especially with time & care
L	Like	Being able to like and love makes it possible to be happy

M	Morals	Setting high personal standards and also able to say sorry.
N	Nice	This helps make you a sincere and genuine friend
O	Optimistic	This allows for an immediate positive reaction to life's challenges
P	Praise	This indicates warm approval and commendation
Q	Quality	A person who strives to achieve realistic goals.
R	Resilience	It is being able to get back up when knocked down and keep going
S	Smile	You don't grow old if you smile and laugh a lot
T	Thoughtful	Treating people as well as we treat our pets
U	Understanding	Forgiving and letting go of resentment by realising we are all human
V	Versatile	Displays a high degree of passion no matter what the task
W	Wise	If you really think you can then you can
X	X-Factor	This is the basis of an impressive lifestyle
Y	Young	Old in years is one thing being young at heart is everything
Z	Zest	Being an active person brings you so many benefits

Conclusion...

Finally it is becoming more obvious that we should never let a short term poor decision influence the long term happiness of our life.

To make a decision that is important for how we live our life we need to be strong and answer in one of two ways...

YES or NO.

However the so called "**Grey Decisions**" situated between Yes & No have to also be considered regularly.

These are more often short term decisions which you, parents, teachers, employers have to make in the best interests of everybody but sometimes they are not popular decisions but still important.

The more thought and time that goes into these decisions the better...

until they finally become... Yes or No Decisions!

This means using decision making skills such as:

Hindsight / Foresight / Discussion / Consideration / Care / Kindness / Gratitude / Benefits Risks / Empathy / Health / Happiness / Outcomes / The Future

And always a good amount of Understanding.

We all still make mistakes in this life... but try to not make too many and don't make them a second time.

Processes need to be in place before outcomes you want fall into place.

Now is the time for everybody to learn The Journey of Life Alphabet off by heart and act on these values every day.

Although there are only 26 qualities listed in the Alphabet of Life it should be noted that each quality links with all the others and also combines many other qualities not specifically mentioned.

Consider the following situations and make your decisions...

You are about to start a special meal with friends at your favourite Restaurant when the Chef says there could be some oil in your meal that might cause sickness and severe stomach pains.

Will you still eat it?? Yes / No

You are heading off to work and you start your car and when you put your foot on the brake the pedal goes to the floor so you try again and it seems OK. You try once more and the brake pedal again goes to the floor.

Are you going to drive the car to work?? Yes / No

You have just arrived at your local surfing beach, the surf is fantastic, not crowded and as you are about to enter the water a life guard tells you a chemical has been released into the water from a boat off shore and it can cause ulcers and even cancer later if any gets on your body

Will you still go for a surf! Yes / No

I believe the majority of you will have answered "No" to all 3 questions.

So why do we often continue to make poor decisions when we really know the answers to the many possible and varied consequences of our decision making on the following aspects of our life such as:

Physical: Health - Fitness - Body Weight

Social: Family - Friends - Relationships

Moral: Standards - Rules - Behaviour

Mental: Pride - Ambition - Success



If you decide that you want to

Master the Journey of Life

you definitely will...

Just do it!

So finally I wish you

Happiness, Goodness and Fitness.

That's my vision for us all!