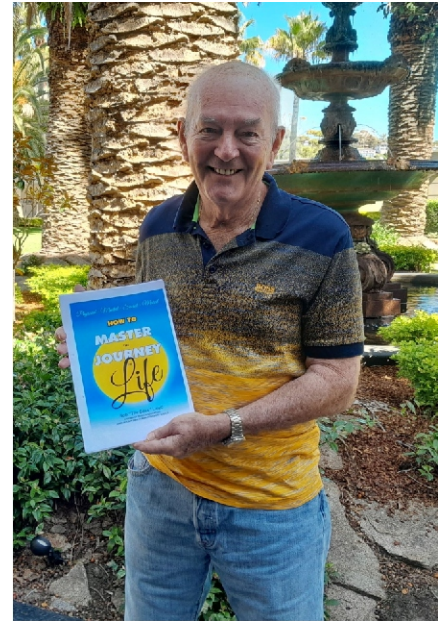


A Sincere Message and Request for Support for the learning, using and promotion of the **Alphabet of Life Values!!**

To Parents, Grand Parents, School Teachers, Business Leaders, Sporting Teams, Government and the Media ...in fact everybody!

Please find some brief explanatory notes on the 68 page book I have just completed **"How to Master the Journey of Life"** I believe it will be of interest and prove to be of definite benefit to you, your family, friends and lifelong knowledge for students attending all levels of schooling so they can best handle life situations that arise daily by using the Alphabet of Life Values.

I had no intention of writing this Alphabet when I started out but when I counted up the Values I had mentioned in the book it was by pure chance... 26 ...hence the Alphabet!! The Alphabet of Life Values actually becomes a Road Map to assist everyone on their Journey of Life by using the Values of Life when aspects of the Journey arise that have become difficult or need direction.



Get Active Australia

"life is a journey not a destination enjoy the ride!"

Click here to download Book

Click here to download Poster

Click here to download the Guidelines

Bob "The Boss" Lloyd
DIPLOMA OF PHYSICAL EDUCATION.
GRADUATE DIPLOMA
HUMAN MOVEMENT SCIENCE.

How can you help?

Contact Bob Lloyd . Email bobboss1@hotmail.com

Physical . Mental . Social . Moral

How to master the journey of life.

Please consider discussing and promoting **The Alphabet of Life** on a daily basis as situations arise that need the benefit of hind sight as you react to the challenges of Life that happen to you... your family... friends... school...business and society at large.

So please learn and practice daily the **26 Values of the Alphabet of Life** from Pre School, Primary School, High School etc to Adulthood so you too have the best possible chance of having a Wonderful and Rewarding Journey of Life full of Goodness, Happiness and Fitness as we unite as **Active Aussies**.

That is my vision for us all.

Get Active Australia

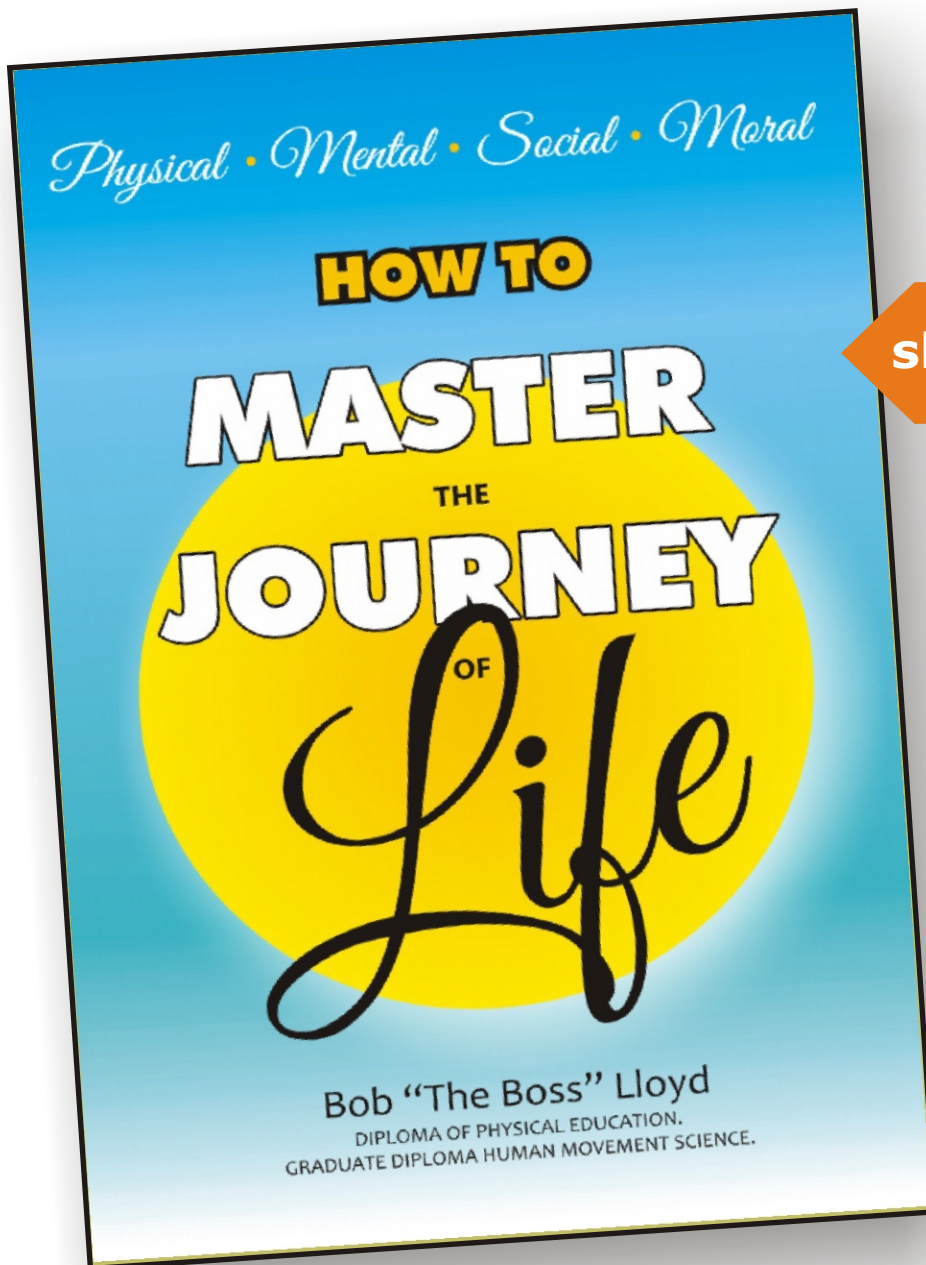


share



Download Free of Charge the Book and the Alphabet of Life Poster and How to Help by simply by logging onto:

www.howtomasterthejourneyoflife.com.au



I am very hopeful that the Federal and State Members promote this with all constituents and especially circulate the Alphabet amongst all schools for learning on a daily basis.

Also it would be fantastic if you could send these details to all your social media contacts and ask them to help distribute as I am confident it has the potential to improve good behaviour and overall happiness for us all irrespective of age.

I was a PD/H/PE Teacher for 29 years and I certainly would appreciate anything you can do to get this valuable and easy to learn family teaching tool to as many people as possible.

For Assistance bobboss1@hotmail.com or call 0414 234 293

www.howtomasterthejourneyoflife.com.au

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

The Alphabet of Life Values

The Code of Behaviour for Schools Families, Business, Sporting Teams... in fact everybody!!

BEN = Brave, Empathy, Nice ...what does **your** name mean?



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 of life.
C	Consistent	Enables you to be recognised as reliable and considerate.
D	Determined	Desire to both start, achieve and finish your goals.
E	Empathy	To treat all other people how you would like to be treated.
F	Fair Dinkum	Giving your word to be friendly, honest, responsible, 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, encourage & help others.
J	Justice	Aiming to do the right thing and be law abiding at all times.
K	Kind	Helping those in need especially with your 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 or criticism 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 and you will.
X	X-Factor	This is the basis of an impressive daily lifestyle physically, mentally, morally and socially.
Y	Young	Old in years is one thing being young at heart is everything.
Z	Zest	Being an active person brings you so many personal benefits.

Put your hands up to support the Alphabet of Life Values



- Place a copy of the Alphabet on your Fridge and in the kid's bedrooms.
- Discuss briefly each day with the family one of the values and what it means to them and after just a few short months the Alphabet will become 2nd nature and kick in when a decision is required.
- Get all your Family, Friends, Work Mates and Staff to do the same so we are developing a common code of Ethics and Positive Behaviour for absolutely everyone to follow.
- Ask your Children's School and Teachers to display the Alphabet in each class room and discuss in class when appropriate so the school is supporting this positive code of behaviour for all students.
- Business could contact their suppliers & customers and encourage them to also follow the Alphabet of Life Values. It actually puts everybody on the same page of commitment.
- If possible contact your Local Council, State and Federal Members to support by publicising in their regular newsletters the Alphabet of Life for all constituents in their Electorate.
- Use your Social Media contacts to let your followers know how they can also download the Alphabet Poster, The Journey of Life Book and How you can Help, completely Free of Charge by simply logging onto www.howtomasterthejourneyoflife.com.au.



Get Active
Australia



So c'mon
Australia
put your
hands up!!!