



If you want things you have never had, you will have to do things you have never done.

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Forward

I first wrote these words for my son, Ben when he turned 21 in 1999. They were a way of trying to give him some guidance for the years ahead.

In retrospect, I was writing for myself.

For years I had read the books, listened to the tapes and attended the seminars but still my life was on hold. Lacking direction, easily discouraged and living day to day with built in frustrations and self doubt.

I was not comfortable with myself.

Now in rewriting this to publish, my journey has become clear and my dreams have taken shape.

In this book I hope you the reader, find a spark that will ignite the flame to light the way for you to achieve all you want in life.

Many people have contributed to the development of my soul and heart. Some I will never meet, whose words have inspired and motivated me to continually seek my answers to the secrets to Life.

The one constant in my journey has been Robyn my wife. Her love has allowed her to withstand the dark times as I got lost. I owed it to her to change and become the person we both could love.

May your life be all that you wish for.

Mick Reid

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character: it becomes your destiny.

Frank Outlaw

The Need to Survive

For the millisecond that we exist in relation to the world's time, what are we striving for?
Is it to fight for a daily existence that offers nothing more than the immediate satisfying of our basic needs?

Or is it to squeeze every drop of life that is available, thus enriching ourselves, those we touch and others who will follow?

The need to survive drives us all.

Survive the emotions that sweep through us every waking minute.

Emotions ranging from joy to despair, contentment to frustration.

Emotions too often brought about by our reaction to events beyond our control or direct influence.

Emotions that can cripple our ability to think or act clearly.

Emotions that create a dark spectre that hovers over our lives until we grow beyond their grasp.

Survive the every day pressures.

Pressures to succeed, learn, relate, conform or contribute.

Pressures real and imagined.

Due to the lack of understanding as to what is the source of our fears, it is often ourselves who create the pressure.

We so often live our lives for others.

To meet the expectations of parents, peers, bosses, teachers or society.

When our life should be for us.

For to live as best we can will surely satisfy all those other expectations.

Life is no brief candle to me.

It is a sort of splendid torch which I have got a hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

Begin to do what you want to do now.

We are not living in eternity.

We have only this moment, sparkling like a star in our hand - and melting like a snowflake.

Marie Beyon Ray

What are we here for.

To procreate?

Or is there more?

To bring joy and comfort to those we love and are responsible for?

To provide the foundations for the generations that follow?

To use our superior intelligence to protect this fragile sphere we call home?

To grow as individuals, both spiritually and intellectually, thus bringing values to ourselves and in turn our community?

Few people are lucky enough to have their destiny mapped out at birth.

The fortunate few wake in the morning knowing what they will do with their lives and have a dream to follow.

The majority of us wander.

We fall into line with the rest of the crowd and move through life with little thought to the ultimate destination.

Once in a while an event will send us off the well-worn track to a new adventure but most drift back to the safety of the 'Life highway'.

Why?

Most of us are just following the examples set before us by parents, teachers and peers.

As much as we may cry, "I am an individual," we don't mean an individual separated from the herd.

It is 'Individuals' that have been involved in all the great achievements in life.

Even when there has been mass societal change, individuals have been at the root of it.

So we must take a breath and step off the highway and find the less defined trail to a new and better existence.

Every single one of us can do things that no one else can do - love things that no one else can love.

We are like violins.

We can be used for doorstops or we can make music.

You know what to do.

Barbara Sher

We progress because we are willing to change.

Thomas Watson

Power of emotions

Why is it so easy to be negative and despondent?

The smallest incident or comment can send us into a tailspin of despair, anger or self-pity.

It is so easy to be negative. There are so many reasons, if we are not strong.

To be positive takes energy and discipline.

Life continually throws thorns on the road for us to tread on. It doesn't mean we stop walking. We may need to take a different road.

To stop and complain is a defeat.

The sad thing is that there are ready listeners and contributors to our woes. For it is so easy to build upon a negative base.

How often have you sat and built a minor incident into a major source of anger and frustration, due to your inability to see it for what it was?

It is a test of character to be able to shake off the malaise that envelops us and generate positive thoughts and actions.

But you must.

Or it will eat away at you as a cancer.

Each personal defeat builds upon the history of failures and reinforces our self-image.

All too often it is a less than flattering self-image; fed by the comments and criticisms of parents, peers and teachers from early childhood.

We all carry so much baggage as we grow.

The baggage of self-doubt, shyness, lack of confidence, insecurity or perceived physical inadequacies.

By the time we reach our late teens, it is safer to blend in and accept our fate.

We let others and circumstances determine our destiny rather than chart our own course, even if it means going against the accepted flow.

Before you can achieve your dreams, become comfortable with who you are. Learn to love yourself.

It is inevitable that some defeat will enter even the most victorious life.

The human spirit is never finished when it is defeated...it is finished when it surrenders.

Ben Stein.

We are the living links in a life force that moves and plays around and through us, binding the deepest soils with the farthest stars.

Alan Chadwick

Open your mind

Too often our mind functions only within the confines of the boundaries we set by our immediate environment.

Four walls of the home in the mornings
Inside the car or train on the way to work
The desk or counter at work

All repeated time and time again.

When do we open our vista and clear the borders of our minds?

Do you ever stop to look skywards?

Take in the images of the clouds, building tops, birds and trees.

How different they look when observed rather than just being the background to our daily existence.

It doesn't matter whether it is sunny or raining, just soak up the images, marvel at the vastness and let your mind travel.

Each day we awake without a thought as to the marvel of Life.

The very fact that some of us are lucky enough to be able to hear, see, smell, touch and taste the wonders of the world, rarely enters our mind.

The joy and wonder of Life is all around us, if only we take the time to see them.

Take the time.

I offer you peace.
I offer you love.
I offer you friendship.
I see your beauty.
I hear your need.
I feel your feelings.
My wisdom flows from the Highest Source.
I salute that Source in you.
Let us work together for unity and love.

Gandhi

The best things in Life are free sunshine, songs of birds, the blue heavens, sunrise, the sea air, the field full of flowers, the wonders of nature, the magenta sunset, love, joy, peace of mind, the wonders of nature, the warm rain, the dew of the roses, the love of God, etc., are here for our enjoyment.

Alfred Monta

Life's lessons

Draw strength from the past.

Let its lessons guide you to a better future.

A time to visit the past is when you need to recapture special moments that will be uplifting and provide strength.

Don't dwell on the past forever.

We all try and recreate events that haven't gone the way we had hoped.

Hours are spent going over and over the scenario so we end up with the result we wanted.

Forget it.

No matter how long you spend on the past it can't be altered.

We must look back to learn from our failures and successes.

You can't recreate your life.

You can create a new life.

Live in the moment.

I understand that the style of life I'm experiencing today is a result of my efforts from yesterday. Therefore, I will not spend time complaining about today but will, instead, focus on developing myself in some way that will benefit tomorrow.

Anon

If you only walk on sunny days, you will never reach your destination.

Anon

The heart of a child

Do you remember the unconditional friendship you had with someone at school?

Just great friends, through thick and thin.

No judging, no hidden agendas, no questioning. You just took it as it came.

The age of cynicism hadn't taken hold.

Egos weren't rampant and life was an adventure.

Why is it a gift reserved for children?

When you meet a four year old for the first time, do you see them mentally putting a label on you, reserving judgement or erecting the 'don't invade my space' sign?

No.

They just take you as you are and let you become another wonder in their world.

Are we so battle scarred that we can't be free of the baggage that makes us so judgemental, so unforgiving of other's perceived shortcomings or failures?

Recapture the open heart of the child.

View life with the wonder and excitement of the young.

Keep on beginning and failing.
Each time you fail, start all over gain, and you
will grow stronger until have accomplished a
purpose — not the one you began with
perhaps, but one you'll be glad to remember.
Anne Sullivan

Nothing is great is ever achieved without
enthusiasm.

Ralph Waldo Emerson

*If I had my life to live over.
I'd dare to make more mistakes next time.
I'd relax. I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more choices.
I would take more trips.
I would climb more mountains and swim more rivers.
I would eat more ice creams and fewer beans.
I would perhaps have more actual troubles but I'd have fewer imagined ones.
You see, I'm one of those people who lives sensibly and sanely hour after hour, day after day.
Oh, I've had my moments and if I had to do it over again, I'd have more of them. In fact I would have nothing else.
Just moments.
One after another, instead of living so many years ahead of each day.
I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.
If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.
If I had it to do again, I would travel lighter next time.
I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daises.*

Nadine Stair (aged 85)

Spend your brief moment according to nature's law, and serenely greet the journey's end as an olive falls when it is ripe, blessing the branch that bore it, and giving thanks to the tree that gave it life.

Marcus Aurelius

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope and that enables you to laugh at life's realities.

Doctor Seuss

Life skills

Develop Life skills.

Accept the disappointments along with the joys.

There will be an abundance of both in your life.

It is how you react to an event which matters the most.

Don't be crushed by adversity or sorrow.

Take them on board as Life lessons and move on.

Grow.

We must continually soak up Life's lessons.

Both the good and the bad.

We will not learn or grow from staying safe, not interacting, not questioning or taking risks.

Life gives us the opportunity to grow or stagnate.

It offers the same deal to everyone.

The sun shines on the pauper as well as the millionaire.

It rains equally on the intellectual and the dunce.

How we take on Life and its lessons determines whether we evolve as a person or not.

Remember, you can't appreciate the joys of Spring if you have never experienced Winter.

Feed the mind and soul with the images of Life.

Whether they be the wonders of nature, the smile of another person, the unconditional love of a pet, the touch of a loved one, the inner glow from achievement or just the wonder of being alive.

When you feed yourself, you will feed many others time and time again.

We can't take on Life's lessons to grow if we have inner turmoil.

Find peace.

Peace within yourself.

Create space in your mind and soul.

You must forgive yourself for all your past mistakes – don't ignore the lessons they offer but release yourself from their debt.

Forgive others.

Any emotional baggage attached to other's misdeeds will only weigh you down on the journey forward.

Find the solitude in your daily activity.

Pause.

Clear the mind. For a brief moment each day become an island within the sea of turmoil around you.

Fight the intrusion of the negative thoughts, no matter what form they take.

They will invade you constantly. The mind will greet them as long lost friends.

For they are easy to hold and cultivate.

Love yourself.

You are one of a kind. So love and cherish the wonderful being that is you.

Don't let your love diminish or become jaded. Constantly feed and reinforce your positive self-image.

See yourself as the centre of the Universe. Not in a big-headed way but in a way that allows you to understand that everything in your life is a consequence of your actions and reactions.

You can generate either positive or negative energy, which affects those within the influence of your Universe.

Be the light for others to be guided by.

You will always have to live with yourself and it is in your best interest to see that you have good company - a clean, pure, straight, honest, upright, generous, magnanimous companion.

Orison Marden.

Growth is a greater mystery than death. All of us can understand failure, we all contain failure and death within us, but not even the successful man can begin to describe the impalpable elations and apprehensions of growth.

Norman Mailer

The day will come when my body will lie upon a white sheet neatly tucked under four corners of a mattress located in a hospital busily occupied with the living and dying. At a certain moment, a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

When that happens, do not attempt to instil artificial life into my body by the use of a machine. Don't call this my deathbed. Let it be called the Bed of Life and let my body be taken from it to help others lead fuller lives.

Give my sight to the man who has never seen a sunrise, a baby's face or love in the eyes of a woman. Give my heart to a person whose own heart has caused nothing but endless days of pain. Give my blood to the teenager, who was pulled from the wreckage of his car, so that he might live to see his grandchildren play.

Give my kidneys to one who depends on a machine to exist week to week. Take my bones, every muscle, every fibre and nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain. Take my cells, if necessary, and let them grow so that someday a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain on her window.

Burn what is left of me and scatter the ashes to the winds to help the flowers grow.

If you must bury something, let it be my faults, my weaknesses and all prejudices against my fellow man.

Give my sins to the Devil.

Give my soul to God.

If, by chance, you wish to remember me, do it with a kind deed or word to someone who needs you.

If you do all I ask, I will live forever.

Robert Test

Leave a legacy

Don't leave life as you entered it; crying, naked and frightened.

What will be written on your gravestone should be the credo for your life.

Imagine looking over your shoulder as you part this world and see what you have left behind.

Will the outcomes of your efforts whilst alive fade as fast as your bones turn to dust or have you left a lasting legacy?

It doesn't matter whether you're eighteen, forty eight or seventy eight, life will still offer you the opportunities to leave your mark in a positive way.

When you are young, there are so many years to accomplish all you would want.

When you advance in years, time may seem to be short but your life experiences are abundant and should be drawn upon.

May people in the latter half of their lives have achieved lasting legacies.

Take all the knocks, disappointments, betrayals and lost opportunities, place them in a box called experience and get on with creating something special to leave as your marker.

Your marker may be no more than enriching the lives of those around you. It could be universal or within your own household.

While it might not be the cure for cancer, it could be a word of advice, a hand of support, a smile of understanding or just being there when needed.

One of the greatest joys in life is when someone comes up to you and says words like "thankyou, you have made my life better."

Money can't buy that moment.

The serene philosophy of the pink rose is steadying.

Its fragrant, delicate petals open fully and are ready to fall, without regret or disillusion, after only a day in the sun.

It is so every summer.

One can almost hear their pink, fragrant murmur as they settle down upon the grass: 'Summer, summer, it will always be summer.'

Rachel Peden

I am certain that after the dust of centuries has passed over our cities, we, too, will be remembered not for victories or defeats in battle or in politics, but for our contribution to the human spirit.

John F. Kennedy

Isn't Life Glorious! Isn't it Grand!

Reach up - Take it -

Hold it tight in your hand.

Squeeze every drop of it into your Soul.

Drink the Joy of it, sun-sweet and whole.

Laugh with the Love of it. Burst into song.

Scatter its richness as you stride along.

Isn't Life Splendid and isn't it Great,

Reach up - Reach out, it's never too late!

Be a Leader

Lead by example.

It could be a heroic deed but they are so hard to come by.

Maybe it is the display of character, integrity or values that sets the examples to others.

For it is the example of others that often moulds the character of the immature, less educated or undisciplined.

Children look to adults to form their view of the world. As they grow older, it is their peers and heroes who set the examples, whether good or bad.

In the workplace, no matter whether we are on the shop floor or in the executive suite, it is the quality of our character that will set us apart.

Producing that 'special effort' only when the need arises may attract the pats on the back but will it sustain you and build your character?

Consistent demonstration of character will never go unrewarded.

Be generous.

Don't hoard the riches you have gathered.

Be generous with the riches within you;

With a smile

A helping hand

The word of advice

By just being there;

With unconditional love

An open mind

Tolerance

Empathy

For it is when we give freely that our soul is opened up to receive more in return.

One man gives freely, yet grows all the richer.

Another withholds what he should give and only suffers want.

The Bible

On Life's journey, faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night.

If man lives a pure life, nothing can destroy him.

Buddha

Dreams

Be a Dreamer.

Not a day-dreaming non-achiever.

A dreamer of dreams to fulfil.

Conjure up those visions of how you like your life to unfold.

Let them be big and small;

a flawless round of golf,

the promotion at work or the new job,

the perfect day with someone special,

a new home,

solutions to the world's problems.

Don't confine them to your sleeping moments.

Find out what can trigger the day-dreaming process.

Maybe lying in the sun, reading a book, meditating or taking a shower.

Whatever it is, encourage it.

For without dreaming, we won't have images of our goals and opportunities may go unforeseen.

Remember, if opportunity knocks – make sure you are listening!

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it.

The time will pass anyway; we might just as well put that passing time to the best possible use.

Earl Nightingale

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

Drive your Life

Life is like a car.

When driving a car, to go, you put it into gear and press the accelerator.

If you want to stop, you apply the brakes.

Turning the steering wheel left or right will move the car in either direction.

In theory, you can free wheel at any speed and in any direction you choose.

But in reality, you can't.

There are roads to guide you and signals, signs and rules to abide by. You have to conform to these or there will be chaos.

But you can choose what roads to drive on, speed to go and when to stop.

The same in Life.

You make choices for the direction of your life.

There are rules and circumstances to be accommodated but working within these, you determine the way you drive the car of your life.

If you encounter a dead end, don't complain that you can't go any further.

The blockage won't disappear by itself. Look for alternative routes or means of removing the roadblock.

If the road is slippery or traffic-congested, it is the same for everyone, so adjust your speed and driving style to ensure you reach your destination as planned.

To get the best out of your car, it needs regular maintenance.

Your body and mind are no different.

Keep them both well maintained with good nutrition.

Dance like no one is watching.
Love like you'll never be hurt.
Sing like no one is listening.
Live like it's heaven on earth.

William Purkey

Iron rusts from disuse; stagnant water loses its
purity and in cold weather becomes frozen;
even so does inaction sap the vigor of the
mind.

Leonardo da Vinci

Feed the Soul

Surround yourself with good vibes each day.

Associate with people who are achievers, display integrity or have a never say die attitude.

Avoid moaners, doubters and slackers. For they will bring you down to their level and plant negative seeds in your mind that if continually left unattended will surely grow and destroy you.

Try and have a work environment of positive energy. You may have no control over the structure or personnel of the workplace but you can create and maintain your personal positive zone.

Create a home life of happy and loving surroundings.

Work hard at setting a good example to those you love. Don't belittle or unfairly criticise them.

Accept their failings, as you want them to accept yours. Help them evolve into a better person so the both of you benefit.

As you seek a Mentor for guidance in your life, be a Mentor to others. For as you offer guidance, more will come to you.

Read and listen to uplifting messages every day, whether they be a single phrase or a life story.

Everyone needs external stimulus to maintain his or her direction.

Not everything you hear or read will suit you but never, never stop feeding your mind and soul.

Always have a philosophical attitude.

Make sure your mind and heart are always open and wonderful things will enter your life.

In everyone's life at some time, our inner fire goes out.

It is then burst into flame by an encounter with another human being.

We should all be thankful for those people who rekindle the human spirit.

Albert Schweitzer

To succeed... You need to find something to hold on to, something to motivate you, something to inspire you.

Tony Dorsett

The path forward

To develop and maintain a good life full of achievement and happiness is not easy.

It is very hard.

To set yourself on a path different to the masses may well alienate you from your peers and family, deny you some immediate pleasures and test your resolve.

It is so easy to lie back and let it slide.

What the hell!

Who needs all this positive stuff, self-sacrifice and discipline?

You do.

Without discipline, self-sacrifice and positive attitude, you will live a life of lost opportunities, frustration and be forever meandering, looking for the 'Golden Goose' to help you change your existence.

It will be hard but don't give up on yourself.

There will be lapses.

Mental and physical tiredness will weaken your resolve. Others will offer apparent easy options. Disappointment will shake your confidence.

But don't become one of the thousands who have given up, never achieving a life of fulfillment.

Get up, dust yourself off and surround yourself with those good vibes.

Refocus on the dreams and take one step at a time.

Remember – even if you fall flat on our face,
you are still moving forward!

Mick Reid

THE SEVEN GOLDEN RULES TO LIVE BY

Learn to laugh at yourself.

Until you can look at your actions and thoughts with an open heart and mind, you never move forward from your day to day mistakes.

Every time you feel a negative thought appearing, laugh at it and yourself for thinking it. Be brave enough to tell others stories of your mishaps and stumbles.

They will laugh with you, not at you, whilst secretly admiring you for your courage to tell all.

Accept you will make mistakes.

Don't be afraid of making a decision for fear it may be a mistake.

The most common inhibitor to success is the fear of failure.

Those who are paralysed by this fear don't evolve and grow.

There is only one rule for making mistakes; learn from them.

Look for the good in all.

All too often we demand of others what we don't or won't deliver ourselves.

We become unforgiving of others' weaknesses and foibles unable to see their true worth shining through.

Remember, it is up to you to lead by example and bring out the best in all you meet.

Give to others.

Whether it is a coin for the beggar or your unwavering support for a colleague or loved one, always be prepared to give more than is asked for.

Maintain your integrity.

No matter what Life deals up to you, your integrity is the thing that will set you apart from those who take the shortcuts.

Your strength of character will be the magnet that attracts the good things in life.

Find a Mentor or Soul mate.

You can't meet and overcome all Life's challenges alone.

You need to draw strength, inspiration, solace, love and guidance from others.

Whether that be someone you trust and admire or a partner who is there every step of the way.

Sometimes the Mentor is a person you will never meet but whose philosophy can give you inspiration and guidance.

Live a life of Gratitude

Too often we forget how wonderful our world is. The fact you are ready this is something to be grateful for. You can see! You can breathe! You can reason!

Every day start with an affirmation of gratitude. When down, create a list of everything in your life to be grateful for.

Final thought

What are you doing with your life?

*Are you bold enough to take risks to change
and make your life better?*

One day your life will flash before your eyes.

Make sure it is worth watching!

MY THOUGHTS

MY THOUGHTS

MY THOUGHTS

MY THOUGHTS

MY THOUGHTS