

INTRODUCTION

The Alphabet Routine will enhance your life.

The basic routine provided here will give you 26 achievements
every day.

But more than that, you can add your own essential tasks to the routine.

You can add, subtract and change it as suits you.

It is flexible and can be done in any order.

Your day will never be wasted when you have a Routine that gets done.

You will look forward to a day you have planned.

At the end of the day there will be a sense of achievement.

If you have regular stuff in your life,

just add it to the routine and relax.

The Alphabet Routine will take care of everything.

And it's fun.

A

Awake

Life is what you make it.

Are you awake?

Are you aware?

Are you alive?

150,000 people died today.

But not you.

Congratulations on your first achievement.

You have completed your first task of the day

It is automatic.

It is the ordinary miracle.

Life.

You are Alive

B

Be

*Whatever you are, be that:
Whatever you say, be true:
Straightforwardly act —
Be honest, in fact,
Be nobody else but you.*

From Utopia Limited by Gilbert & Sullivan

Now that you are alive don't forget to be as you are.

If you are different, be different.

If you are bored, be bored.

If you are gay, be happy.

If you are depressed, wallow in it.

Stay in harmony with yourself.

Don't start a civil war in your own mind.

To thine own self be true and it follows as the night the day

Thou canst not then be false to any man.

From Hamlet by William Shakespeare

Be as you are.

C

Change

A change is as good as a rest

If you don't like something, change it.

If you can't change it, change how you think about it.

Stay in control. Don't let the situation control you.

No one can disempower you without your consent.

Change it, if you don't like it.

D

Destiny

Life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw

The above quote made me think.

On the one hand we could explore our potential.

On the other hand we could create our potential.

One seems natural. The other seems man made.

Of course it is a combination of both that will decide us.

Like nature and nurture.

We have a feeling but we need a Destination.

Or else we wander aimlessly.

Our Dream inspires us but our Destination gives us focus.

Whether natural or created, it gives us a sense of direction.

And no matter the diversions, we can always resume course.

Know your Destination.

E

Easy Exercise

Do one exercise every day

Do exercises you enjoy.

Small Steps Succeed.

Mighty oaks from little acorns grow.

8 Easy Workouts for Beginners

<https://www.verywellfit.com/easy-weight-loss-workouts-for-beginners-3495986>

Easy Exercises

<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

Do one Exercise every day.

F

Flip it.

It's better to light a candle than curse the darkness.

Flip your problems.

The opposite of a problem is its solution.

Focus on the solution not the problem.

The solution now becomes a goal you can activate.

There is only One problem but there are Two attitudes.

Negative Attitude: You have something you don't want.

Positive Attitude: You want something you don't have.

The negative attitude keeps you focused on your problem.

The positive attitude moves you forward towards a solution.

Focus on what you want (e.g. money) and not on what you don't want (your poverty).

Focus on what you want (to be happy) and not on what you don't want (your unhappiness).

Focus on what you want (to be healthy) and not on what you don't want (your weight problem).

Flip your problem. Flip your attitude.

This simple change of focus will change your life.

Flip your problems
