

(WELL Power: By Sight, by Ear, by Heart: Like Making Music – Add Breadth to Your Life.)

Go **WELL** Beyond the Barriers

♪ The Notes & Steps for Leading Lives ♪

It's your life: '**GO LIVE IT**' – fully and comfortably. Lead your life. Love to **LIVE** Do **WELL**.

Like harmony accompanies a melody in music, major & minor support can happen for you in life.

GO on, **LIVE**, experience **IT**: Take these notes; add clear steps; notice sound support. Rest assured.

Pure and simple: Music and life always go together. So can you. Now .. all ways as **WELL**.

Use this key. Blend these 8 actions sound steps for ongoing satisfaction & life comfort:

GO: Individually & together – ♪**G**ather resources, ♪**O**pen the way (Receive & Give)

(Resources: Direction, Information, Motivation, Faith, Skills, Senses, Materials, Money, People, Time, Space, Feedback, Consequences)

LIVE: All ways (♪**L** augh, ♪**I** mprove, ♪**V** alue life, ♪**E** nergize through Rest)

IT: As a whole (♪**I** ncrease the Love you Give; ♪**T** end to LIVE & Care)

Steps to ♪**LIVE** have a two-way (Receive & Give) flow, each with a distinctive rhythm • — — — — • • •

Laugh (Take • — Spend Time)

Improve (Gather — — Open)

Value (Notice — • Appreciate)

Energize (Inhale • • Exhale)

Connect & expand your life like music. **IT** evolves. You are your key instrument; these are your steps:

Achieve results (GO); balance your life (LIVE); help love (IT) survive and grow (take TLC to another level).

Feeling stuck? Try other measures. Here you GO .. It's your turn to LIVE WELL, on your own scale.

GO on. Add sound support. Receive/give/receive ... Adjust your pace. Do this for yourself, for life.

Nowhere or way to go? The weight is over. Let **IT GO** ... Wait & 'C'. Use the Rest for support.

Try a half step. Rest assured ... You'll find a chord (accord). 'Be' 'come' 'more' in life; WELL come IT.

Go **WELL** Beyond the Barriers:



Want to Grow or Become Secure

Enable This (GO) (Gather & Open)

LIVE for the Balance (to & from the Heart)

Love to LIVE (**IT**) (Increase & Tend; Open & Gather) with Spirit, for Life

Only you can do this: Enjoy your life, join the flow, your ways. This 'novel' book spells it out & shows how.

The journey connects life like music: Your life, gift, voice, touch, place, time & turn to LIVE. Help yourself.

You won't find another you. Passion & patience connect as compassion. Add comfort, with less stress.

Aim for the high note; blend the actions; add a step (or half step) when stuck. Lead your life as a whole:

The seasons are your example (Spring, Summer, Fall, Winter);

They accompany you through life (Outside, Upside, Inside, Downside);

Lead in clear ways, always, across life (Play, Work, Receive, Rest);

Add distinct, diverse, supportive outcomes (**L** augh, **I** mprove, **V** alue, **E** nergize).



Life-Love-Music-Spirit *- All as One: (Sense, Think, Feel, Heal)

This encompasses all learning domains (Psychomotor, Cognitive, Affective, Restorative). **WELL-Anchored**.

Secure, sound steps linked to life-supporting & enriching resources & outcomes: Life-Directed Leadership.

Rhythm/Tempo-Melody-Harmony-Silence *- Body Mind Spirit Soul (Heart-Connected)

You can 'do' this; it's easier than you 'think'. Anyplace, anytime, all sorts of weather Add to the music.

'Good' for life. Help it grow: Clear, positive directions; Concise actions; Unforgettable/versatile/rewarding.

Comfortably lead your life. Welcome diversity. Evolve. Get 'harmony in motion'. Do what you do, do **WELL**♪