



# ADVANCED PROGRAMME QUICK GUIDE

**Visual Aids & Wisdom**



*...powerful habits to transform your life!*

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## Quick Guide

### Visual Aids & Wisdom

This guide contains only the visual aids, wisdom, and values exercise (habit 15) for ease of access.



#### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

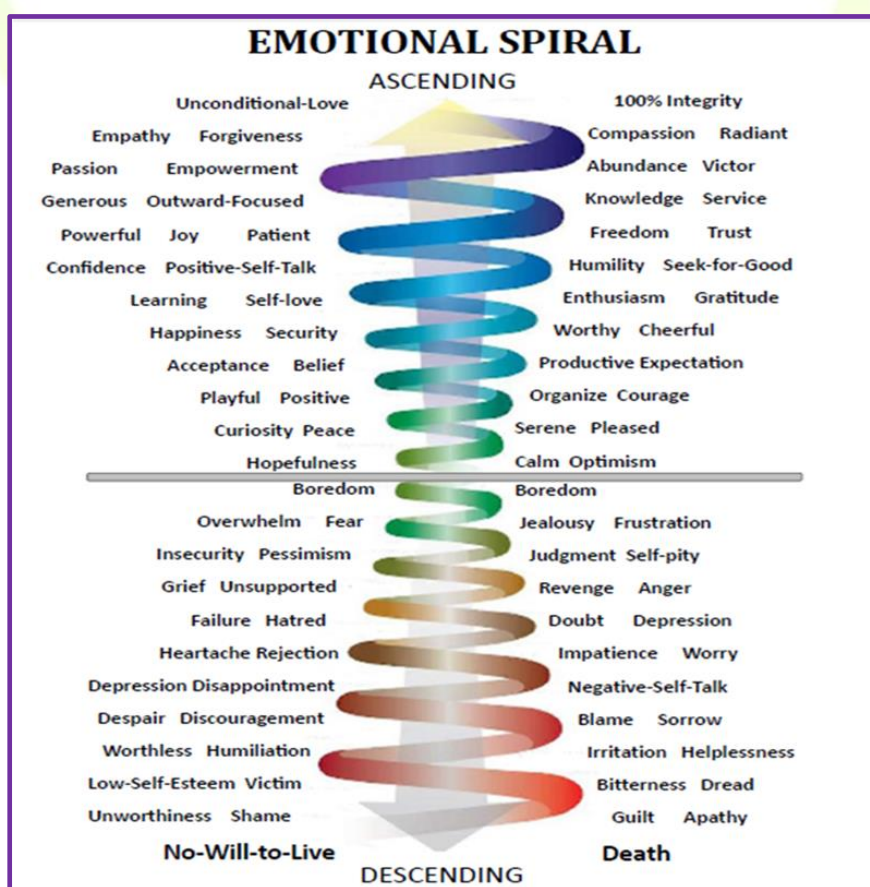
## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

## 11. You will likely forget all this...but you can remember it whenever you want 😊.

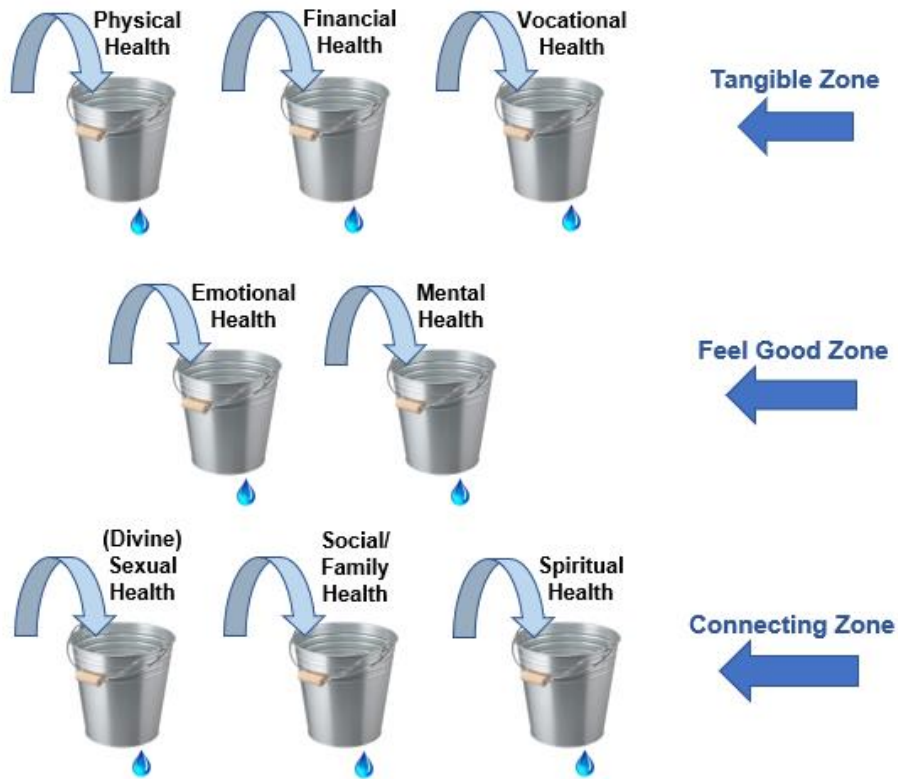


## Key Charts & Visual Aids



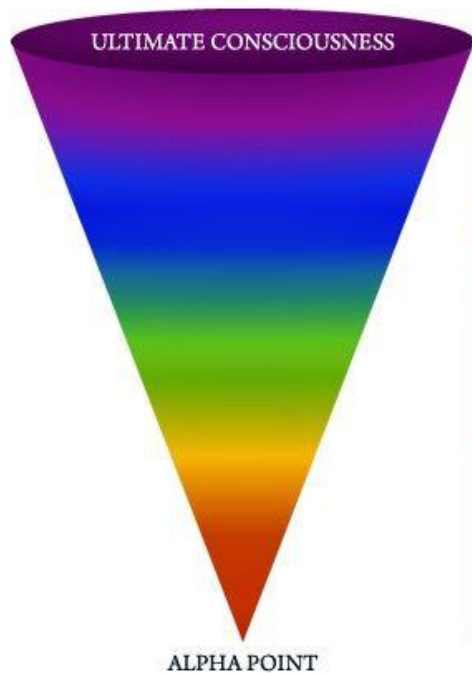
# Your 8 Health Buckets

(each has a continual, very small leak)



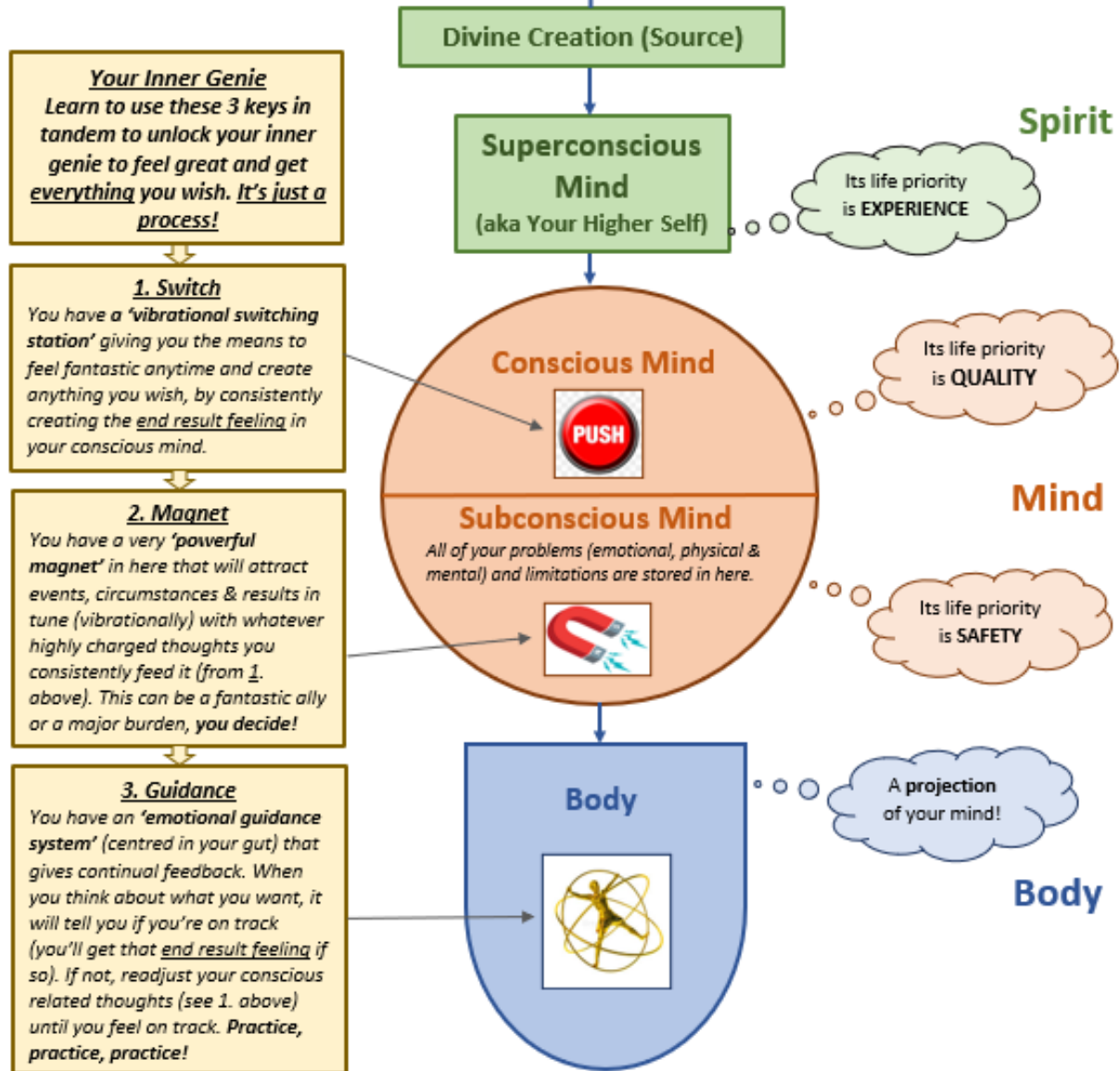
## OMEGA

- 700+ Enlightenment
- 600 Peace
- 540 Joy
- 500 Love
- 400 Reason
- 350 Acceptance
- 310 Willingness
- 250 Neutrality
- 200 Courage
- 175 Pride
- 150 Anger
- 125 Desire
- 100 Fear
- 75 Grief
- 50 Apathy
- 30 Guilt
- 20 Shame



# Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**



## Determining Your Values Exercise

The following 13 carefully crafted questions will help you determine what your highest values are.

### 1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts? Do you have business magazines, fashion magazines? Books? Pictures of family, you, friends? Write down concise answers of what 3 things fill your space?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day-to-day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on...? Is it your home and security? Is it clothes and appearance? Is it your business and its development? Is it social activities and entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



### 5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation.... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 6. Where are you the most reliable & disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined and focused on doing.... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary and eating regime? Is it your family attention? What 3 things are you most disciplined, reliable and focused on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on...? Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality...? Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge and wisdom? What 3 things do you visualise the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you? What do you keep talking to yourself most about that you desire to come true and are gradually coming true...? What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_





### 10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about? You become alive and an extrovert when the conversation turns to something that is important to you... So, what are the 3 things you always want to talk about in conversations?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long-term goals that you have persisted working on that have stood the test of time?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you.... What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**Hopefully**, you now have 39 answers (values) if you managed to find 3 for each question.

Now I want you to look at all your values and group them together, you'll notice that many values (something you value highly) appear multiple times.

If you have a set of coloured pens, highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data (repeating values only) into a table on the following page;



Now go ahead and compile your table starting with the highest value (the value that appeared most) and then the 2<sup>nd</sup> highest value and so on;

<b>Your Top 10+ Values</b>	
1	
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19	
20	

You have now determined your values, the top few specifically are what you value the most in your life 😊.

