

**Vibrant Health**

*Change Your Habits, Change Your Life!*

**ESSENTIAL PROGRAMME**  
**QUICK GUIDE ~ VISUAL AIDS/WISDOM**



***22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit***

Devised by  
**Stephen Kirkbride  
& David Orrey**

[www.VibrantHealth.me.uk](http://www.VibrantHealth.me.uk)

## Quick Guide

### Visual Aids & Wisdom

This guide contains only the visual aids and wisdom 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'.

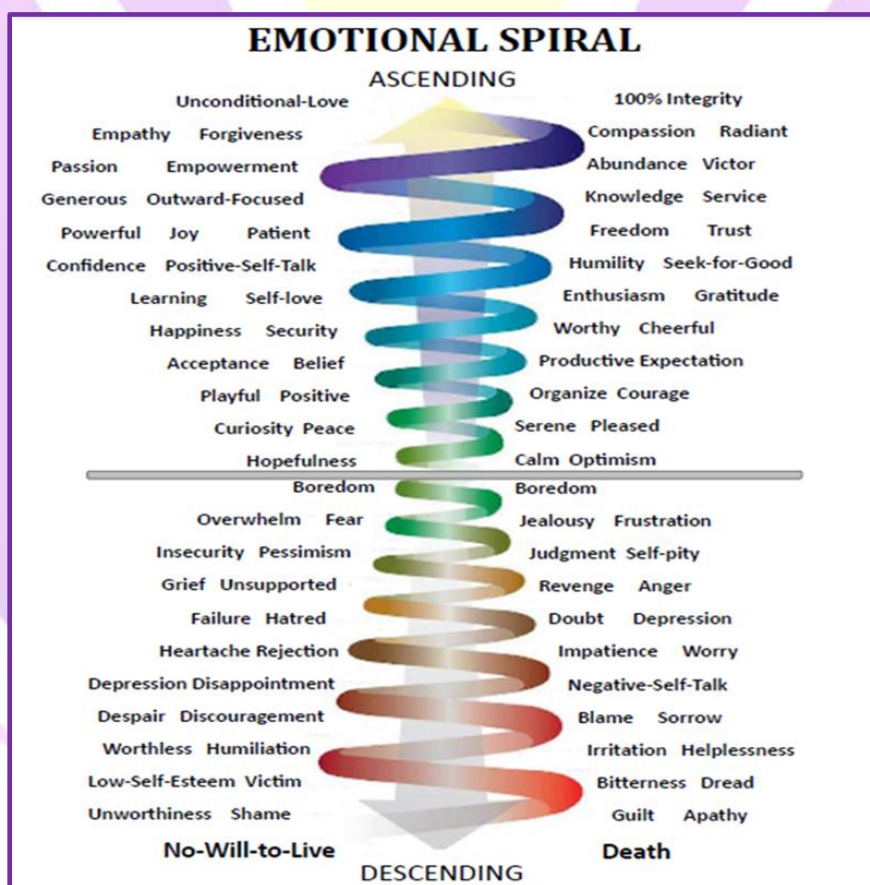
## 10. Your answers lie inside you.

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 😊.



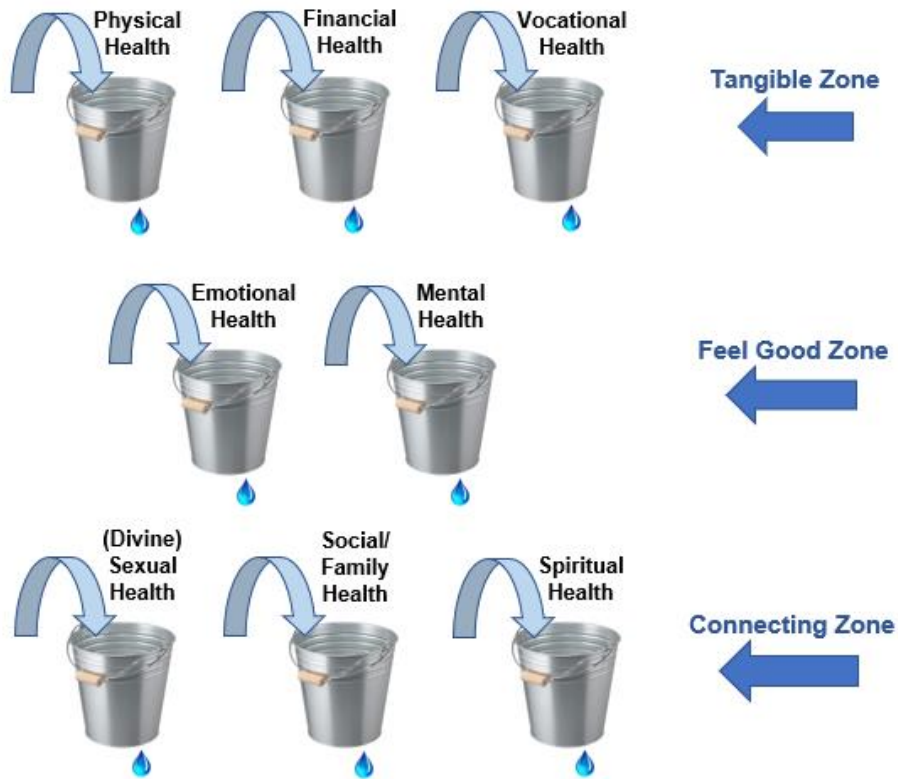
## Key Charts & Visual Aids





# 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

