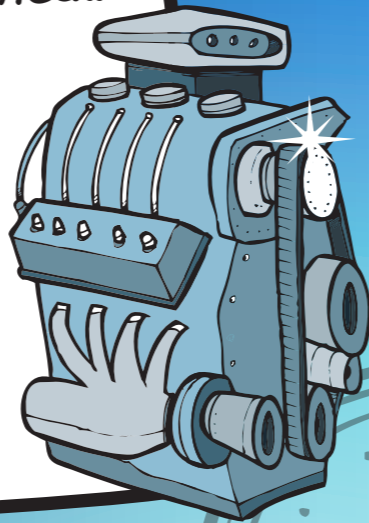


Doug's Magic Manual For A Magic Life!

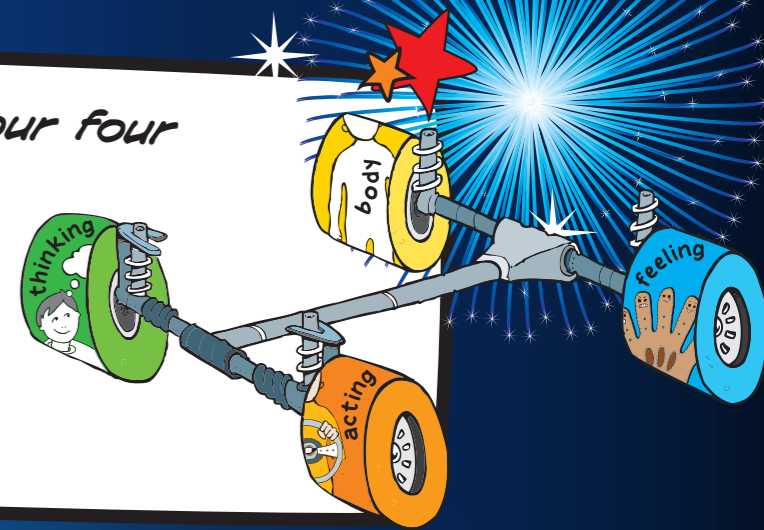
Life is magic when your engine is well tuned...

- You're having fun
- You know you have choices
- You have good friends and you like yourself.
- You improve your skills every day.
- You keep safe, well and relaxed.
- You keep finding ways to meet your needs without stopping others from meeting their needs.



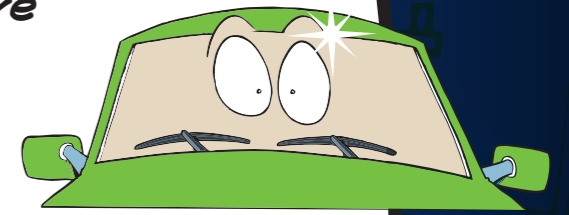
Life is magic knowing how your four wheels work together.

- You know you can change how you feel by choosing effective thoughts and actions.
- You listen to your body and your feelings then adjust your thinking and actions.



Life is magic knowing we all have different windscreens...

- You know we all see the world differently
- You enjoy learning from others
- You keep looking for new ways to see the world.



Life is magic when you are in the Drivers Seat

- You are in control of your life.
- You know that nearly all you do is your choice and you are responsible for what you do.
- You don't try to control others, or allow others to control you.



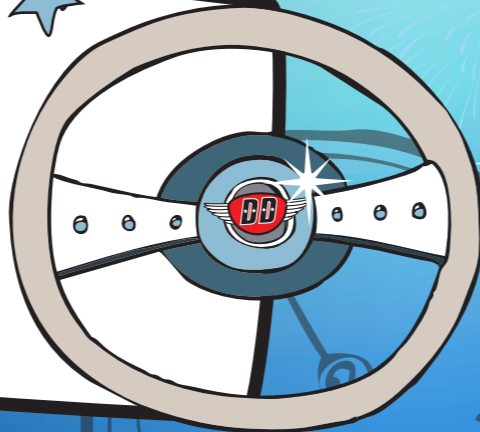
Life is magic when you drive on the Open Roads.

- You learn from your mistakes.
- You have great friendships with others.
- You are always kind to yourself.
- You accept, work it out peacefully, trust, listen, encourage, respect and support yourself and others.



Life is magic when you control the Steering Wheel

- You have worked out what you want.
- You use the Magic Questions.
- You keep checking on what you really want.



Life is magic when you avoid the Dead End Roads.

- You don't blame, criticise, complain, threaten, bribe, punish or nag.

