

Dalai Lama: A to Zen

- A - Avoid negative sources, people, places, things and habits.
- B - Believe in yourself and succeed.
- C - Consider things from every angle.
- D - Don't give up and don't give in.
- E - Enjoy life today, yesterday is gone and tomorrow may never come.
- F - Family and friends are hidden treasures, seek them and enjoy their riches.
- G - Give more than you planned to.
- H - Hang onto your dreams.
- I - If opportunity doesn't knock, build a door.
- J - Just do it.
- K - Keep trying no matter how hard it seems.
- L - Love yourself.
- M - Make it happen.
- N - Never lie, steal or cheat. Always strike a fair deal.
- O - Open your eyes and see things as they really are.
- P - Practice makes perfect.
- Q - Quality not quantity in anything you do.
- R - Remember that silence is sometimes the best answer.
- S - Stop procrastinating.
- T - Take control of your own destiny.
- U - Understand yourself in order to better understand others.
- V - Visualize it and focus.
- W - When you lose, don't lose the lesson.
- X - Xcellence in all your efforts.
- Y - You are unique, nothing can replace you.
- Z - Zero in on your target, and go for it.

