

How to get from 'A' to 'B'

- Slow down, do not hurry, why race the clock?
- Tackle one task at a time - enjoy it
- Learn to occupy your time whilst waiting
- Avoid getting angry over things you cannot influence
- Avoid creating unnecessary deadlines
- Organise your daily activities to avoid queues
- Accept the mistakes and shortcomings of yourself and others
- Enjoy playing, not just simply to win
- Smile and give love and affection
- Practice being a good listener
- Learn to relax
- Look around and appreciate the 'important things in life'