

# 12 Steps To Having Absolutely No Problems In Your Life

## 1. CHANGE YOUR SOURCES OF ENERGY

FRICION FROM PROBLEMS AND CONFLICTS IS ENERGIZING BUT EXPENSIVE

## 2. HANG OUT ONLY WITH PEOPLE WHO DON'T HAVE PROBLEMS

THIS MAY REQUIRE A NEW ROLODEX

## 3. ELIMINATE TOLERATIONS IN ALL OF THEIR FORMS

TOLERATIONS ARE THE BREEDING GROUND OF PROBLEMS

## 4. SIMPLIFY YOUR LIFE

A COMPLICATED LIFE IS JUST ASKING FOR PROBLEMS

## 5. ADOPT A MORE SOPHISTICATED PERSONAL OPERATING SYSTEM

YOURS MAY BE BUGGY OR OUTDATED. UPGRADE

## 6. PERFECT YOUR PERSONAL FOUNDATION

WHEN BOUNDARIES ARE EXTENSIVE AND STANDARDS ARE HIGH, PROBLEMS DISAPPEAR

## 7. FULLY EMBRACE INTEGRITY

WHEN THERE ARE NO CRACKS IN YOUR LIFE, PROBLEMS HAVE NO PLACE TO START

## 8. AUTOMATE EVERYTHING THAT IS AUTOMATED

BILL-PAYING, REMINDERS, PAPERWORK, CHECKLISTS AND ADMINISTRIVIA

## 9. HAVE HEALTHY RESERVES IN ALL AREAS

I.E., TIME, MONEY, LOVE, SPACE, OPPORTUNITIES, SOLUTIONS — RESERVES PREVENT PROBLEMS

## 10. DECLARE YOURSELF TO BE A "PROBLEM FREE ZONE"

TELL YOURSELF — TELL YOUR FRIENDS — TELL THE WORLD —

THAT WILL START TO MAKE IT SO

## 11. TAKE THE PATH OF LEAST RESISTANCE

THERE IS ALWAYS AN EASIER, AND PROBABLY BETTER, WAY —

WHY FORCE THINGS, OR YOURSELF?

## 12. ABANDON ALL HOPE

HOPE CAUSES PROBLEMS BECAUSE YOU TAKE YOUR EYE OFF THE PRESENT/REAL

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