



## Alex-Zan's **TOP 5 BSs— No Bull...**

- 1. Be Still** – Be calm, focus on you and avoid outside noise.
- 2. Breathing Space** – Clear one's mind and listen to your inner voice.
- 3. Belief System** – Believe and think about making positive life choices.
- 4. Be Sincere** – Be honest with yourself, authentic and genuine.
- 5. Bless Someone** – Be a blessing, kind and helpful to others.

***“Good times, bad times... they come and go.  
Yes, you matter more than you will ever know.”***

**–Alex-Zan**



Visit [Alex-Zan.com](http://Alex-Zan.com)  
Email [alexzan@i-c.net](mailto:alexzan@i-c.net)

