

Living the Life As You Wish to Live Communicating Through Music

Noone Has The Right To Tell You How to Live
Coach Yes, Mentor Yes, Control freak NO!



Don't Let the Sun Go Down On Me

- A wonderful song sung by George Michael and Elton John. It is basically them say I will protect you, and help raise you up, no matter what and the sun will never even at night go down on you, as I will help you to stop it.
- We are protectors of our own world, yet we share it with others, but there are those who judge it every step of the way. They fear your success, as they see the power in you, that they will never have, because of their jealousy that eats a way at them, and because they know you are more of a person than they are.
- Let them go because when you are gone and moved on they know that they never will!

Don't Let the Sun Go Down On Me

You know when someone is watching out for you and those that aren't and if they fear you being success but should that stop you? Is it your fault they feel this way? Well if you do it in a way that is smug, but no. "If it is look this is what I have done, now why don't you give it a try, because if I can do so can you.

This is the point I have been making in my other EBooks, its to say look this is how I am now working for myself and writing for a living, why don't you follow your dream career too.

None is should be told they shouldn't succeed in life, when they will always open the door for you.

Be Thankful and look out for
those you love.

Practice Gratitude but don't
apologise for wanting to be
happy

See your life as your own platform
and not through someone else only
those that truly love you

Be Your Own Support & Driving those who Inspired you forward too

To get the feeling from people that you want you have to project out that feeling. **YOU HAVE TO BE YOUR OWN SUPPORTER**

You should never feel shame to want to be better than the other person who did what you did, as you've seen their success and you doing the same but built it up more, is promoting their work at the same time, to bring them further into the world of success, because of what they did for you. You aren't putting theirs down by doing the same and extending the achievement of doing more to be as successful and more, as stemmed from them, and others will then follow.

I love My Love because he has driven me into a place I'd never thought I'd be, and he is an entrepreneur, yet he may say no, but he is and he is a successful comedian who is a typical northern boy, proud of his routes and that's what has shone, as he sees me, A Typical London girl who loves a Kebab and often a McDonalds, and I am real and so is he. If he wasn't a comedian yes I would still love him, as he would be still a kind hearted funny guy but working in a different industry, and still be the comedian but in another way. It's not saying I want to still his audience, but have one myself as I hope to be as funny, yet be one of the funniest female comedians of this decade, that I'm using to be successful, he has shown me that I can do it, but in my own way like he has.

I not using him to be a comedian as I don't use people, I knew him outside of his working world and I did see him differently to others in my life, and we had a connection like no other. I am not wanting to be with him because we will work well on a stage but at home, having a cup of tea in the mornings in the garden and talking. I know he is my man, because he brings the good in me not the bad and that it is okay to support yourself. Never answer for wanting the same and drive my life forward.

He is a family man, a bestfriend, a helper of the law, and his persona and charismatic self is why I don't just love him as a girlfriend but an admirer and a lover of his work too, but never be with someone because of their job, but because of their commitment to you and opening the door for you.

People like my man, don't just turn heads because they know how to tell a joke, but because they give others hope. He isn't smug or cocky, he loves what he does and he loves me like a man who is truly in love, not because I have entered into the Virtue world.

One Day In Your life

I loved this song as a kid and I do play it now. It is a song that says even if we never get to see each other again, and I'd like to say I Co-wrote it, because I did write music and songs at a young age, and it reminds me of my holidays in Menorca. I loved these holidays and if I had known they weren't gonna last I would have treasured them even more.

Often we don't want to admit that those good times are over, and you do start to ask "Will I ever have memories like that again" and you want to know? Yes! Life is full of many things, so yes they can continue but with different people and in a different way.



How Can You Make Further Happy Memories

Well often they just happen, there is no planning involved and now we are in a world of Digital Technology it is very easy.

I love Polaroid Cameras, as they are great for creating Galleries in your home and are often real time memories and raw.

For me it's the photos of people not posing but are of people chatting and eating that can be the best form of taking good times. So basically, whenever you are out with your friends, always take your camera or have a charged phone to do it and wherever you go so does your camera.



**Time for me to go back to bed and
yes more rest so see you in a while x**



A large group of skydivers are captured in mid-air against a clear, light blue sky. They are arranged in a loose, circular formation, with many individuals holding their arms outstretched. The skydivers are wearing various colored jumpsuits, including red, yellow, black, and white. The overall scene conveys a sense of freedom and collective activity.

Another Activity

Choose a song that has played a part in your life and write about why? Is it a happy memory and How do You feel when you play it?

Picking One Day In Your life to remember somebody no longer around that You miss.

The song One Day in your life is about remembering someone that you knew sometimes for a little while, but they can still be a person that really captured you and a massive influence.

I miss a lot of my family and I didn't get to say goodbye to me, but I do feel warmth that they still knew about me and was wanting to see me, but in the end, they never got a chance.

I am sad about that, so I love talking about them as I do still have lovely memories and I have that forever.

Some people deserve to be remembered because whenever they go destroyed yet kept on going, who are warriors in my eyes.

So, Love those who deserved to be loved and those that don't are forgotten.



Love Can Build A Bridge

I play this when I can sense someone is unhappy or needing some support, and I play this to let them know that even if I can't see them physically that they can come to me at any point for a free ear to listen and a shoulder to cry on.

COVID bought a lot of uncertainty in the world, of what is going to happen this point forward, but with everyone acknowledging it with the rainbow message to support the NHS it did bring people together to unite and to be a helping hand for each other.

My nan would often say, that you know who when there is a crisis or a war because, that's when the real heroes who are often hidden come into light.





Another Activity

Go through ways you can make a difference to someone there are plenty of ways to do it. Just put in online Acts Of Kindness and even sending someone a "Thinking of you" card is a way to do it, people often just need that one person to show them love

Time for A
break so see
you in 5 x



A large group of skydivers in various poses against a blue sky. The skydivers are wearing colorful suits and are arranged in a circular formation, with some in the center and others around the perimeter. The background is a clear, light blue sky.

Another Activity

Keep a Everyday Journal to write down your thoughts and fears, and no you don't have to use it everyday but is there to hand if you need to empty out your mind full of worries and concerns

Nothing Compares To You

This song was written by Prince and sung by Sinead O'Connor and is a song about a breakup and if you have had that it can cause a stir in your heart, and we go into auto demolishing, where we blame ourselves.

Remember the catchphrase "It takes two to Tango" and it is true.

A breakup happens because it can be for one person in that relationship not what they want anymore or they feel that they would be happier on their own.

You can get out of feeling you are to blame by asking, Well if he was with me and lied that he was happy would that be worse?

A breakup is not always about you, but the person has seen his life differently and wants something different in his life, and he feels unsuited to you. There is always another love and that one, was not meant to be.



Nothing Compares to you

- How can you grow from a breakup:
 - Start to make dates with yourself and rebuild your happiness by seeing those you didn't whilst you were in that relationships and remember partners if they aren't the right one, will come and go and if they stopped you from seeing your friends, then was it really good relationship?
 - Create a new plan to your life. So start changing a room round and if there is anything that makes you feel bad because of the breakup get rid
 - Do the skills you neglected in that relationship that you enjoyed because if they didn't like it, then again, were they really the one you wanted to spend your life with? I be not if you think about it.
 - Use it to make you stronger and to gain your identity back as some people do change for a relationship when really, if they generally loved you, it wouldn't have ever mattered to them.
 - Write into a journal so you can address why it ended and what could you learn from it, that will help you in future relationships.
 - Trust you instincts in a relationships, and if they don't end it and you feel it is over, be the one the make the first move, if they don't.



Using Music to Make Your Day

Ways Music Has Helped me



HOW TO READ
AND WRITE



DANCING THAT'S
HELPED BUILD MY
CONFIDENCE



SKILLS I HAVE AND
HOW TO
PROGRESS THEM



LOOKING BACK
ON GOOD
MEMORIES

How you can use it to communicate help

- Send someone a song to them that you both loved together
- To Call for Help
- Help kids with their skills and development
- You are thinking of someone

Many thanks for choosing this EBook, I hope you found it effective and please do leave feedback it is very much welcomed, and I wish you well, and never fear there is always song that can help you, along with the songs that make you sad, but I hope this shows how effective it can be, for you and the people around you.

