

Al Foxx

A Crash Course in LIFE ~A Formula that Makes Life Sweet~

Living in My **Sweet Spot** Means...

I Accept, I Believe, I Care.

"If Life/rehab is a game, these are the rules." [Al Foxx](#)

- A. **Accept** the book you've been given—live until you die.
- Focus on what you have not what you don't have.
 - Don't worry what people think.
 - Fill your mind with inspiration.
 - Follow a NEWSTART program
- B. **Believe** you can write a happy ending
- Lighten up. Don't take yourself too seriously.
- C. **Care** about others: Give of yourself without being repaid.

As a result of doing my ABCs:

- I feel thankful.
- I don't make assumptions.
- I don't take things personally.
- I live with integrity by always doing my best.

Because I do these things, I live where the Winners live.

Winners live in their sweet spot because:

- Winners know it's not all about them.
- Winners care about others.
- Winners know how to love and be loved.
- Winners treat others like they're winners too.



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If either rehabilitation or life is a game, the ABCs are the rules.

[Al Foxx](#)

Against the assault of laughter nothing can stand. [Mark Twain](#)

Life is a succession of lessons which must be lived to be understood. [Helen Keller](#)

Without a humble but reasonable confidence in your own powers you cannot be successful or happy. [Norman Vincent Peale](#)

Speaking of rehabilitating from a serious state of mind or body, sometimes the only thing left to do is to: **JUST DO IT!**
[NIKE](#)

You'll see it when you believe it.
[Wayne Dyer](#)