

## **7 Golden Keys to Successful Living**

**Destiny, dreams, relationships, health, goals, divine, leadership, guide and coach for powerful living!**

# **SEVEN GOLDEN KEYS**

**BY**

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**ANGEL RELIEF INTERNATIONAL**

**[www.angelrelief.org](http://www.angelrelief.org)**



Explore the secrets to a great life  
‘...and enjoy your future!

This eBook will help you to change your life in a practical and joyful way! In this booklet, I will share with you seven golden keys for highly successful living. All of us want a good life with good friends, but it is not always easy. We have to make the right choices and find the right friends in order to achieve the best in life. But noting is impossible. God created you and He has something wonderful to you. You have great potential in you, and you have what it takes to be a success and a champion.

The seven keys I will share with you will help you to live your life to the fullest and without compromise! These keys will help you to become highly successful with new energy and motivation.

I have been speaking to thousands of people about this subject and there is such a great need to know more about having a great life. I know this eBook will make you think and give you the ability to achieve your great God given destiny.

The Keys I will touch in this book are:

- Key One: Destiny
- Key Two: Dreams & Ambitions
- Key Three: Relationships
- Key Four: Healthy Living
- Key Five: Showing the Way
- Key Six: Divine Touch
- Key Seven: Changing Your World

These keys will help you to live the life you've always wanted! (Doesn't that sound like a really bad commercial?) Nevertheless I believe that you will be motivated and blessed by reading it.

God bless you.  
Peter Capili Hansen

## About the author

Peter Capili Hansen is a gifted and dynamic motivational speaker and Evangelist from Scandinavia who believes that everybody has the potential to live a successful life and a call from God upon their lives! Peter has spoken to thousands of people in school lectures, conferences, churches and through the media. Alongside being a speaker Peter has been involved in humanitarian relief work and evangelistic mission outreach around the world. Peter Hansen is the founder of Angel Relief International.

## 7 Golden Keys for Successful Living:

By Peter Capili Hansen

Explore the secrets to a great life

- Key One: Destiny
- Key Two: Dreams & Ambitions
- Key Three: Relationships
- Key Four: Healthy Living
- Key Five: Showing the Way
- Key Six: Divine Touch
- Key Seven: Changing Your World

## 7 Golden Keys for Successful Living

Introduction:

What is a good life?

Life is full of rehearsed habits!

--- Peter Capili Hansen

Life is full of rehearsed habits! Some of them are bad and some of them are good. So are the choices we make. Fundamentally, I believe that the choices we make will form our lives in a negative or positive direction. Every choice we make has a consequence for tomorrow and further ahead.

We have the ability in us to choose and create our future. This ability is individually gifted and every individual can do the impossible! Every person in this world is an influence in one way or another. And we all are influenced by others.

To create a good life I believe that you need to first and foremost make right and good decisions. You need to be able to look at yourself in the mirror and say that you did it with integrity and only for the good. We all have to make difficult choices where we are not in control of what will happen, and that is good! We are not gods! We don't have to know everything, because we will not know everything, that's a fact. Maybe we think we do, well I have news for you then, that's a lie! But I believe If we act with good and positive intentions when we make choices this world will be a better place.

Many people only make decisions based on the “now” feelings, but is that good? Feelings are a nice thing but if we act on feelings all the time then the world will go mad, if it is not already. We need to act with integrity and compassion towards others.

The friends that we have and the people that surround us will determine who we are and what kind of life we have. We have the ability to find good friends. But good relationships just don't come overnight. We need to work on it. It is hard but the fruits are the best in life!

You and I can have a good life and see our dreams come through because of the right choices. The power of a dream is powerful and you should dream. This world needs dreamers and people who are acting on it! You

have such a great future ahead of you and you can do the impossible. I pray that the great potential in you will be released.

It is my hope that you will enjoy this eBook and that it will make you think much deeper about the choices and decisions we make in life and that your dreams will come through.

God bless

Peter Hansen

## Key One: Destiny!

You will keep on guiding me with your counsel, leading me to a glorious destiny

-- Psalm 73:24

What is destiny? I believe that destiny is a thing between good choices and divine intervention. I deeply believe that God is in control and that He wants us to live life to the full and enjoy it.

He is a good God who wants the best for us. He knew about us when you and I were in the womb of our mother. There is a great purpose for your life - no doubt about it and you have your free will to choose. Isn't that great?

Since the beginning of this world billions of people have had the ability to make their own choices. Some of them were bad, very bad and some of them were good. I believe that many of the things we see in our world today are a consequence of peoples' choices. This might sound disturbing and worrying, but think about all the good and positive things as well. You for example!

You have a great destiny and a great future ahead of you. You can make a change and be a huge influence. Make good choices and find a wonderful destiny, preplanned ahead of you!

I knew you before I formed you in your mother's womb. Before you were born I set you apart. . .

-- Jeremiah 1:5

You cannot do whatever you feel you want to do. If you base your life only on current emotions your life will be horrible. Because some days your emotions and feelings will be sky rocketing and you think you can

do anything. Then there are other days, when you are licking the walking street and it's almost impossible to look yourself in the eyes!

These two very different emotions will make you chose two very different decisions. Listen to your emotions, and consider your decision and the consequences before you do it! Then do what is well-balanced. You cannot base any relationship on feelings alone. I know that feelings are a good thing. But if we look at relationships we need to have more than just feelings.

There is a difference between being in love and love itself. Being in love is a temporary thing, but actually loving someone in spite of differences, even when everyday life sets in, is the lasting kind of love. This is not based on spur of the moment feeling, but on deep respect, affection and choice. Some think it is just OK to find another partner if the feelings go away.

That is so sad and a huge misunderstanding of the human mind. Don't get me wrong I love feelings and it's a great thing, but if I only act on them and make my choices "with" them I'm in trouble! I need to go beyond my emotions and feelings when I make choices. If I go to a huge shopping mall I will get tempted to buy all sorts of things. At least the stores try to affect my feelings at "that moment" when I pass by the store. And maybe if I can't control that feeling, I will end up buying the whole mall and go bankrupt. To sum up the point, make choices with both your heart and mind.

Destiny is not a matter of chance, but a matter of choice. It is not a thing to be waited for, but a thing to be achieved.

-- William Jennings Bryan

Your life is full of choices and your destiny is a choice! You have the free will to create your life. The decisions you make can have an impact on entire countries. What starts out with a small thought can end up being your future.

For example, people like Bill Gates, George Washington, Martin Luther King, and the Pope had to make some choices to become who they are. I am not saying that you need to be like Bill Gates or become the new Pope. You just need to be yourself and live your life to the fullest and be the "new" you!

I remember when I was 18 years old. I had to make a decision about what I was going to do with my future. As it is for most teenagers and young people, it can be hard to figure out especially that! I wasn't sure at all what I should do. I had thought about working in a printing house, but the thought bothered me. But one day as I read in the bible I felt in a very powerful way that I had to sign up for a "Christian Discipleship training school" which I had heard about. And even though I applied very late I got the chance to attend the school where they trained us to go out and sail with a big ship and teach others about the love of God.

The school was an opportunity for young people to sail in the very beautiful seas of Denmark and Sweden. The ship was called AGAPE which means "God's love" in Greek. When we cast anchor in the harbors, we usually had some time to talk with people about faith in God and help them with any questions they might have.

We also had great meetings in different harbors and in city squares with hundreds attending. We even went to places where there was troubled youth as well. During that year at sea, I developed an enormous desire to work with people and help people in one way or another. I did not base my decision on this one feeling. But slowly I got the desire that I wanted to use my life helping others and show them the powerful love of Christ.

Even before this year as a "teenage missionary" God had started something supernatural in my heart. Today many years later, this is what I am doing. Helping the poor in areas with poverty and natural disasters. Doing humanitarian relief mission through a charity organization.

And with that desire in my heart, I have gotten even more crazy dreams that I want to achieve. Before I went on the ship, I had no ideas for what I would experience. I really just did it because the Holy Spirit told me too, and I took the chance. Maybe you are worrying about your future and thinking about your destiny. But my advice to you is to just take it easy. Read your Bible and pray. Travel somewhere, get to know some NEW friends and remember to keep the good old ones. . Do something different And you will see the world from another point of view.

Don't let television create your life, but let your life create television!  
-- Peter Capili Hansen

You are not only influenced by your own choices, friends, family and your dog; but television is properly the source that impacts you the most. We live in a global culture where everybody seems to do the same thing! Cultures are getting the same and the world is getting smaller.

Life issues and problems are the same no matter if you are in Europe or in the United States of America. We listen to the same music on MTV, watch the same movies, some TV shows, and TV series and we almost eat the same kind of food.

At this moment, the whole world is getting globalize. I like the thought of “global culture” but I can see a problem, and that is that the media is becoming kind of a role model for our generation. The media influences us and tells us how to live our lives.

We all have the choice not to be controlled by the media or other people who can influence us in a bad way. Try to turn off the television and Internet connection and you will see how addicted you are! Your destiny is worth far more than a stupid soap opera or www!

If you want to become a history maker, then it's your choice. Integrity: what's that?

Definition of Integrity:

Steadfast adherence to a strict moral or ethical code. The quality of being honest and having strong moral principles that you refuse to change.

One of the greatest qualities in a man or women is integrity. As you can see in the definition for integrity, it is about honest and moral values. It's about doing what is right. If you build your life with high moral values and honesty, people will respect you. They will be able to look you in the eyes and say you did all you could do. It will give you a strong personality and a great destiny. If you look below, here I will give you some key words to help you as you continue to read:

- Make other people succeed.
- Be a real role-model.
- Encourage people around you and build them up.
- Do not humiliate anyone.

- Forgive people for what they might have done to you.
- Keep up your self management.
- Do not gossip.
- Do to others what you would have them do to you.
- Do what you say and keep your word.
- Do not pass any confidential information to others.
- Whatever you do, do it with the right motives.
- Believe in God and trust him with all your heart.
- Do not lie!

As an easy guideline you can actually use the Ten Commandments in the Old Testament. Read over them, think about them and use them! Find your Bible and read them right here: Exodus chapter 20.

You can also read a great speech Jesus had on a mountainside in the book of Matthew from Chapter 5.

And actually you should read and study the whole Bible. The Bible is inspired by the Holy Spirit and God can speak personally to you through His supernatural Word which is in the Bible.

Guide keys:

Take responsibility for your life.

Take charge of your actions.

Remember that we all can learn from our mistakes.

**WHY DOES GOD ALLOW US THE FREEDOM TO MAKE CHOICES?**

Because God loves you and He has a great plan for your life.

## Key Two: Dreams & Ambitions!

Commit your work to the LORD, and then your plans will succeed.  
-- The Bible

This world needs big dreamers and achievers that will make a change in our world, and you are one of them! Yes you. You have a great potential within you, and you have the choice to write and create history. Gods' purpose with your life is so overwhelming and good. Grab it!

Why not just invent the future!

Do you have the winning attitude?

We all have the ability to see our dreams come true. The power of a dream is powerful in the hands of a person with the right positive attitude; the winning attitude! A dream that comes true is not just pure luck; but it is rather hard work, perseverance, and a positive mind.

The winning attitude is a positive mind. Do you think positive thoughts or is your mind filed with skepticism and negative thoughts that destroy every single dream? If you want to see your dreams come true, start to think positive and look for an opportunity in what might not look too great.

Do you see the cup half empty or half full? Start in the small and you will experience what is inside of you grow, and become a beautiful tree with lots of good fruits. It all starts with a small seed, and then you feed that little seed with positive thoughts and then it will start to grow.

Our dreams must be stronger than our memories. We must be pulled by our dreams, rather than pushed by our memories.

- Jesse Jackson

A dream is not just a goal you will see fulfilled in the future. No, a dream and a goal is a journey in which you go through adventures and hard work and enjoy your life.

You need to take some risks in life. Take the chance and do the impossible and get the experience of being on un-safe ground. That is where you grow and you will see a side of yourself you have never seen before. You need to get out of your comfort zone and step out into the water.

I remember when I was a kid, I was really afraid of rollercoaster's. When I was 18 years of age I had the opportunity to sail with a sailing ship for a whole year and though that year I just had to get used to all the waves and winds. Well I grew up in Scandinavia where we have the sea almost next to our front doors! And I have never been seasick, but still I was afraid of heights and big waves. But on the ship I tried it all; I forced myself to climb the huge masthead way up in the air. Of course I had a safe line! But I realized that I loved it, and stayed up there and have kept going back since then.

Sometimes we experience hurricanes while being on the sea. I often had to climb the mast to pull the sail. And while the ship was going crazy jumping up and down and even under the water and us being on the deck. It was insane! But I still loved it. It was a great challenge that really helped me develop my personality and to believe in myself.

Since that time, I have continued to go on adventures, and keep on dreaming. I believe that adventures can shape your life, and it is never too late to go on one. Do not tell yourself that you are too young or too old, because it is never too late.

Get out of your comfort zone!

You need to get out of your comfort zone. You need to do something that will "shake up" your life. Don't be lazy, sitting in front of the Internet the whole day and playing online games. It is so easy to do nothing; actually that's the easiest thing in the world. But to take a step in "faith" takes courage. If you do not think you have courage, then just do it anyways! You need to get out and do whatever makes you shake from the inside!

You do not need to go to Kosovo or to some planet out in space. It can be the simplest thing, like helping distributing food to the homeless or cleaning up the beach for trash. The one thing I know for sure is that it will change your life. As you step out, doors will be open to you in life and your dreams will be "taken care of".

Helping others is the best thing you can do. You will start to see things from another perspective. Your own dreams will suddenly have a new focus. Your dreams will be sharper and clearer!

See the invisible, doing the impossible.  
See what no one else is seeing  
Think what no one else is thinking.  
Do what no one else is doing.  
Make a difference.

Many years ago I heard this quote, “Heroes see through their eyes what others miss. They see through their spiritual eyes. Heroes see parts of the world that others miss.”

Keep your eyes open for even the smallest opportunity. You never know what might happen next. It doesn’t have to be the thing you actually dream about, but maybe it will lead to that dream. On an adventure you don’t know what happens next, but it is exciting. Take the chance and unlock your potential. Keep your eyes wide open for the needs of this world.

We need men who can dream of things that never were.  
-- John F. Kennedy

### Jesus Freak Supporters

I am a big soccer fan and have been inside many stadiums. My favorite club that is in Copenhagen has brought me lots of attention. Then when I was around 20 years old, I got the crazy idea of making a new supporter group/fraction. I am a Jesus Freak, so why not just make a Jesus Freak Supporter group. It all actually started when I bought a soccer jersey from the club, and had them to write Jesus Freak on the back. I tell you, people looked at me and asked questions. I was standing among the most hardcore supporters with my Jesus Freak jersey!

### Jesus Freaks!

Then one day I decided to create a Jesus Freak Supporter group for the soccer club. And while searching though the internet I found another Dane who was looking for others who wanted to start a Jesus Freak Supporters group as well. We met and started the first official Jesus Freak Supporter Group in our favorite soccer club in Copenhagen, Denmark. Our group grew fast and we even made a magazine and website as well.

The media wanted to know more about us. They interviewed us and we came in many nation wide newspapers. It was really a great experience. I had a dream and it came true. It was hard of course, but I was driven with energy because I had a passion and wanted to see it accomplished.

You can do the same. See one of your dreams come true by the right attitude and hard work.

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.

--Frank Outlaw

Please take one more look at that quotation. Keep it somewhere and remember it! As I started key two, which talked about the mind and out attitude, I wanted to end with it. It is so highly important, and maybe the most important of all when we talk about our life. We need to watch our thoughts. Are you a positive influence on yourself and other people? Start to think positive and visualize your dreams come true in your mind.

There is hidden power in your mind. God created your mind, so please use it! Surround yourself with positive people, who are full of energy, and this will make the journey easier. Getting the support from your friends and family is also important. Maybe they think some of your dreams are a little weird, but that doesn't matter!

Think big, talk big, act big. Because we have a big God.

-- Kathryn Kuhlman

Our words:

We need to watch our words. The power of the word that comes out of our mouth is bigger than we realize. Even an innocent joke we say can have devastating consequences or a tiny comment can make the world go mad. Watch your tongue. It will be your life.

If you are always negative your will have a negative life where everything is bad. Even the weather. "Now it is to cold..... Now it is to warm....." if what comes out of your mouth is always complaining and negative words you will surely be depressed! The people you hang out

with will be depressed as well. Break that circle and renew your thoughts and words.

Be an encouragement instead of a discouragement! If your friend is always complaining, then tell them to stop for a minute and start to speak good and positive things to his/her heart. Keep doing it, but refuse to listen to all the rubbish all the time. Friends are important, and we should listen to them when they need us just to listen.

We should also be mature to tell our friends if they are always complaining and need an attitude adjustment. What comes out of your mouth? Is that positive? Is it building people up or breaking them down? You have the choice to build with your mouth! What does come out of your mouth? The next time you talk, try and listen to yourself, and see what comes out. If it's mostly negative then change your vocabulary.

Every word you speak will have an impact on your mind and actions! So be positive, talk positive. Do not fear obstacles, use them instead. Tell yourself that you can do it, over and over again.

Train yourself in using some of these positive words:

I am a child of God! - I'm a winner – I can do the impossible – I will – I can change anything! – It's easy! – I love my family – God is giving me peace – I have no fear –I can do it - God is my coach!

This is closely connected to a winning attitude. So mind your words.  
Our Actions and habits:

Beware of your actions because they could become your habit, which then could lead to a change in our personality and character.

I've heard if you do the same thing for 21 days it could end up creating a habit in your life. If you take some exercises for 21 days, you will properly continue doing it. So if you complain about the same thing for 21 day you will continue to complain! And you will be like a complaining jukebox! Or you can decide to be a person of positive influence. Why not try it. Give it a chance and create some good and healthy habits in your life that will be integrated in your character.

People are looking for others who have a strong character and who are a role model. Habit and character will create your life. And the great thing

is that you can help yourself! You have such a great future ahead of you, and you can do the impossible.

I pray that the great potential in your life will be released. Start to dream, and do not be afraid of the impossible. The impossible is possible. God put something in you to help you on your life adventure. So, as I said earlier, step out on the water and walk on it!

Qualifications come when you follow the purpose, your dreams and goals. Your potential will be unlocked

Don't be discouraged, but keep moving. Don't give up. Presidents and leaders were ordinary men, but they kept dreaming and trying even though they met opposition and faced discouragement.

Commit your work to the LORD, and then your plans will succeed.  
Proverbs 16:3-4

Guide keys:

Learn to live your life to the fullest and don't be afraid of people's faces.

Write down your dreams and goals.

Commitment is the key to a "higher" life!

Hang around winners and dreamers.

Be a positive person.

Pray to God and read your Bible.

We can make our plans, but the LORD determines our steps. Proverbs 16

### Key Three: Relationships

A friend is always loyal, and a brother is born to help in time of need.  
Proverbs 17:17

We live in a world, where something new today is old tomorrow, and where reality television is a part of "real life". Many people actually believe what they are watching on television, from "reality television" to

some weird talk show. All these shows remind me of watching puppets on the Muppet Show, but just with living actors.

We also watch soap operas which takes a person into a fantasy world. Millions are influenced by the hundreds of series that run 24/7. We are trying to fulfill our contact with normal people through chat rooms on the Internet, even though there is no fulfillment in it.

People are in the search for love and closeness and interaction with other people. But we can't find it when the computer is our best friend!

If a man does not make new acquaintances as he advances through life, he will soon find himself alone. A man should keep his friendships in constant repair.

-- Samuel Johnson

The key to achieve a good life is to find good friends.

Good friends are so important in our time because we get so many impressions from all kinds of places. A good friend will tell you the truth and will support you no matter what happens in your life.

A computer can't talk about feelings and it doesn't know how you are doing. A good friend knows. It is so important to find and to keep good friends. But remember that it is a hard task to find a good friend because it takes commitment from both sides. It is just like a marriage, it takes commitment and seriousness.

Do not take good friends for granted. It is easier to win in the lottery than to find a good friend!

From the age of nine to sixteen, I grew up in a ghetto district in one of the suburbs of Copenhagen. There were a lot of gangs and drug dealers. And I remember lots of young people smoking hash and using other drugs.

I remember a few years after I started to play soccer, that our two coaches showed up totally drunk and intoxicated by drugs, and they never got fired! Sometimes the captain of the team had to give us the strategy for the game because our coaches were unable to do it, and we were only around twelve years old!

I even remember some of the older players in the club, standing outside the club house high on drugs before their games. In this area I had to find

my friends! And believe it or not I found some very good friends. Even though I did not smoke, drink or do drugs.

I refused to fall into group pressure and I did not touch alcohol and drugs, and most of my friends did not either. I found some great friends that had the same idea of not doing drugs. And at parties people respected me for not drinking. I was steadfast and stubborn and did not move from my personal conviction, and with that I won respect. They knew what I was standing for. Even though I was a small kid with big eye glasses, I was hugely respected by the other students in school. I was not mocked even though I had all the criteria's!

Everybody does stupid things in school and I did as well. I got into fights, but I decided at a young age to act positive and be a good influence and become a good friend to others.

Jesus was and is a good friend. He is always here and ready to comfort you. In your most dark moment He is right next to you. In your most happy hour He is just next to you. He is our friend and we can always call on him. He is all present. What a friend!

You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

John 15:14-15

When the character of a man is not clear to you, look at his friends.  
-- Japanese Proverb

A good healthy relationship is a must. They're just as important on our jobs and schools as they are in our personal lives. So keep your relations and don't burn your bridges.

Here are a few important guidelines.

Be the best friend you can be and you will get the best friends as well

Guide Keys:

Be Yourself:

Do your best friends know who you really are, or is it just superficial and shallow? Be yourself and don't be afraid of showing your emotions.

When you are yourself, you will be more relaxed, natural and believe me, people can see it in your face! If you trust your friend enough to just be yourself, and then your friend will trust you just as much. You will have an open and honest friendship where you don't have to pretend and be someone else.

#### Love Your Friends:

The Bible says that a friend loves at all times. We can all be disappointed with friends and family. But that doesn't justify you from expelling them from your inner circle. Give them a chance, forgive them, and love your friends at all times.

#### Commitment:

Work on your friendship and keep appointments. Do not arrive an hour too late for the movie or cancel one minute before you had a date. Keep in touch with your friends even though the two of you are far away from each other. This can be the hard job of a friendship. If you are suddenly far away it might just seem easier to give it up, but don't! Keep your friendship you never know what will happen. Stay in contact. Write a short email once in a while, call them and visit them.

#### Trust:

Keep a secret. That's a really good idea! Don't talk behind your friends' back. And don't talk behind any ones back! How can you expect to find a friend if you talk behind the back of others? When people see you talk bad about others, they don't want you to become their friend, because they are afraid that you will talk behind their backs.

#### Support:

Encourage your friend. We all have bad times and need a cheerful word from a friend. And if you start this very good habit and learn how to encourage people on your way in life you will get many friends. When you are positive and encouraging people will be attracted to you.

#### Advice:

Tell your friend the truth. If your friend keeps coming too late for an appointment, then tell him/her there is a problem here. A friend is honest and open. Listen now! A true friend has the time to listen. Do not be shallow and superficial. Show empathy and compassion. If you listen to your friend today, he will listen to you tomorrow!

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

-- Dale Carnegie

"A friend loveth at all times,  
and a brother is born  
for adversity."  
- Proverbs 17:17

## Key Four: Healthy Living!

Kind words are like honey--sweet to the soul and healthy for the body  
Proverbs 16:24

A healthy life is not something that you can take for granted. It just doesn't come by itself. This chapter is going to hit on just that. It's about making the right choices. I hope that you don't get tired of making choices; it's a part of life.

If we just make it a habit to eat healthy food and exercise regularly, we are on the right track. But we live in a world where there is almost no time for just relaxing a bit. We don't have time to enjoy food, and we really don't care if it is healthy or not. But ask yourself a question. Do you really think that you are eating as you should? How many burgers did you eat last week? Or how many times do you go to a fast-food restaurant each week.

How much water do you drink a day, (Just to inform you, water is healthy! You should drink at least eight large glasses of water each day). How many Krispy Crème donuts do you eat each week? And how many pieces of white bread is your body trying to digest each week? And I could go on.

You and I need to eat healthy food each day. We have to take care of our bodies. If we just eat and eat without caring about our psychical condition we will probably end up with life threatening diseases like cardiovascular disease, diabetes, stress and even depression! So watch your mouth!

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

--Spanish proverb

We need to function in all areas of our lives: spiritually, psychically, and mentally. It is important that we think about the foods we put in our mouth. Of course you can enjoy a burger or ice cream once in a while, but don't make it a habit.

In our society it's easy just to swallow a burger and fries for lunch and do it every day. We think it's probably ok and healthy enough because it feels and tastes good. What you eat now will affect your body in one year and further ahead.

## DRINK WATER!

When I was a young teenager I went to a boarding school. The boarding school was surrounded by beautiful valleys, forest, and lakes just outside an incredible beautiful small town. This place was full of red roses and sailing ships in the harbor. But there were only two fast food restaurants, one that made pizza and another which was a grill bar. Both of them were expensive, at least for a student like me.

If we wanted to buy some of that food, we had to walk a long way from the boarding school to the town which was placed in a valley. So that was an exercise in itself! But at the school, there were rules about making different meals for each day and to make it variable. We had a fish day, a vegetarian day, a spicy day, and so on. Even though all the food did not taste like it does at a five star restaurant, we ate healthy food every day.

Personally, I felt good in my body and had lots of energy. Since then, I have tried all I could to follow a healthy eating plan. I agree it can be hard being strict about food all the time. I have had periods where I have been eating not so healthy and I still have to kick myself and say no to things. If I can do it, you can do it as well!

It is important that we eat variable and I do not mean variable junk food!

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

I Corinth 10:31

It is not enough that we eat healthy variable food; we also have to burn some energy and get some exercise.

When I was about nine years old, I started to play soccer in a soccer club. I believe that helped me to create good exercise habits for myself. It's important that we do exercise with somebody else. It is hard to exercise alone, because you only have yourself to push. But if you exercise in a group, everybody will push each other to keep at it. Get out of your living room and start doing a sport.

Maybe you should start to bike to school, sign up for an aerobic class in the gym, or go hiking somewhere. (Hiking is actually one of my favorites.) The health expert recommends every person to do some exercise for 30 minutes a day! So maybe you should walk to Wal-Mart? Or walk to work? Try and find a way in which you move your body and get your pulse going.

Personally, I am thinking about being in good shape. But to be honest, I am not a health guru, and it is difficult for me at times. But I believe in the inner will power and discipline, it takes discipline to stay in shape.

A few years ago I realized that I had gained too many kilos. Besides doing a lot of lectures at schools, seminars and events, I didn't do much to say it lightly. My life was only doing lectures as a motivational speaker, and doing office administration work.

I was a member of a very fine fitness club but would only go there two or three times a month. I lived in the building where we had our office, so I did not even have to go out to go to work!

For breakfast I ate pastries, and for lunch I ate pizzas or kebab's if I was not eating in the cafeteria together with my Co-workers in the office building. In the cafeteria there were all kinds of food and I just ate, and it was good and free. In the afternoon I always had some snacks and in the evening I could eat another pizza or burger!

Within a couple of years, I gained more than ten to fourteen kilos! I thought I gained weight because of the work out in the gym. (Three times a month, lol). But one day I woke up with too much belly jelly! I decided to change my eating habits, add new exercise habits and be more disciplined towards myself.

And hold on! In six weeks I lost it all! No kidding, I turned from a heavy Champ to normal light weight. I lost twelve kilos in six weeks. I just cut most of my portion in half and only had one plate of food for dinner in the evening. I drank two three liters of water each day.

I did spinning (exercise on a bike) in the evening before bedtime. I ate the same food, but just ate smaller amounts more often. I can be easy to lose weight fast, just as I did, but keep that same new weight and shape is more difficult. I had too discipline myself a lot. Now I am running a lot and actually enjoy it. It is a great feeling and it gives me more energy back as well.

I can eat candy and pizzas but not every day. And every day I eat a low fat diet and drink two liters of water. Another thing I do is having Green Tea for breakfast. It speeds up my metabolism and gives lots of energy.

If you need to go on a diet, go and talk to your doctor and let him advice you. Find someone that will support you and keep up the spirit and discipline. Nothing is easy, but everything is possible.

Walking is the best possible exercise. Habituate yourself to walk very far.  
-- Thomas Jefferson

I will now give you a few advices about which food you should eat. I know that there are many more healthy good foods. So this is just meant to be an “appetizer”. Talk to your doctor before going on a diet.

### Food Ideas!

Pizza! Actually eating a pizza can be a very good and healthy choice! If you make them yourself though. So gather your friends and make a “home made pizza”, and have a party! You can easily find healthy pizza recipes on the Internet.

Have some oat meal for breakfast, it's great and healthy.

Drink green tea. It gives you lots of energy and speeds up your metabolism.

Drink low fat milk. It tastes good and is full of calcium.

Carrots will give you A-vitamins, and tastes good.

Eat fish and get the omega-3 fatty acids you need.

Why not eat beans. That's a great Bible food! Do some Chili Con Carne.  
There are a  
Lot of fibers and B vitamins in beans. So go ahead cooking!

Have some yogurt. It is good for you stomach and the calcium is good for you.

Garlic will boost your immune system. Add to your cooking and get energy.

Eat wheat bread instead of white bread. Wheat bread has a lot of fiber which is very good for you in the digesting process.

Honey Healing! Honey taste good and is good for your body, so why not just eat it.

Eat Melons and boost your body with C-vitamin.

Drink lots of water. Around two liters a day.

Extra Guide Keys:

Remember to eat your breakfast. Exercise for 30 minutes each day. Drink lots of water.

Remember not to overeat. Maybe your eyes are hungrier than your stomach. Take small portions and eat slowly to digest the food.

You must serve only the LORD your God. If you do, I will bless you with food and water, and I will keep you healthy.  
Exodus 23:25

## Key Five: Show the Way!

Definition of a role model:

A person who serves as a model in a particular behavioral or social role for another person to emulate.

A role model is someone worthy of imitation!

Every person needs a good role model, a person who is worth following. But who is your “role model”? Is that someone you know? Does the person have a positive influence on your life? This world is looking for people to follow.

This world is looking for heroes. Usually people look for “role models” in television from movies and series to the world of music and sports. People who appear on TV are looked at as big stars and heroes. But are they what they pretend? Some of them are and some of them are NOT!

A leader is one who knows the way, goes the way and shows the way.  
-- John Maxwell

Almost every day when I go on the Internet to read my newspaper, I get shocked when I read stories about so called “role models”. Some of these “stars” are acting like they own the world and can do whatever they want without realizing that millions of people who are looking at them.

Millions of teenagers are impacted by what they are doing. Millions of teenagers are imitating what their “stars” are doing. I don’t want to mention any names, but some of these people have such a bad destructive lifestyle that only destroys and kills. This might sound harsh, but it’s the truth!

No wonder why so many teenagers are suffering from depression and anorexia. These “stars” are showing a life that is not normal and no-one can live up to that (or down to that!). They have a perfect body (after 25

surgeries!) but tell me how on earth is that normal? They are doing all kinds of things on the stage that only belongs in an x rated movie. And that is supposed to be normal? I don't think so.

The quality of a leader is reflected in the standards they set for themselves.

-- Ray Kroc

Everybody is looking for a hero and role model on television. It's like, if it is on television, it is the truth and the "real thing" and nobody can question it. But instead of looking for role models in television, we should look for "real life heroes" in our "real" life.

A man is a hero, not because he is braver than anyone else, but because he is brave for 10 minutes longer.

- Ralph Waldo Emerson

Who are you following? Who is your hero? Are you living someone else's image? Do you dare to be yourself? Do you dare to be different? Are you hanging around with a group of people where you try to be as cool as possible and where you are caring a mask, so that no one can see who you really are?

I have some advice for you; "Do not swim with the stream of dead fish"! But create your own steam of life and be a leader and a role model yourself.

A good role model could be you or somebody else. It is someone who acts and believes in the good of a person. "A real life hero" is not wearing a mask; he/she doesn't have to be someone else, but is just like he/she is. Be yourself and people will love you for it and follow you!

You can be a leader!

You can show the way and be a role model. Stand up and make an impact you're your life. People are waiting for someone like you to step up. To be the positive influence you can be. You can be a great leader if you dare to step up in front and lead the way.

Becoming a great influence and leader in this world takes time and is a few steps each day. Few steps of good choices that influence the people around you, and then you will become a role model.

God has a great plan for your life and He wants you to be a leader of influence. The best that you can ever do with your life is to give it all to him, every small and big thing in your life. Staying close to Jesus will make you succeed in life.

Staying close to God will make you succeed in life.

People will follow you if they see the good in you. So live your life with good and healthy choices. Think about the consequences that your choices will have. Be a supportive and encouraging friend, show with your life that you care about others.

Guide Keys:

Don't wear a mask! Just be yourself.

Help others with support.

If someone talks bad about your friend and you hear it, then stand up and rebuke them.

Protect your friends and they will protect you.

## Key Six: Divine Touch!

If you believe in me, come and drink! For the Scriptures declare that rivers of living water will flow out from within."

John 7:38

A Phenomenal Global Trend

Loneliness, emptiness, suffering, sorrow, sickness, fear, despair, war, terror and poverty... the list goes on. These may be some of the struggles many of us face each day. No matter where you are in the world, the imperfections of life have their way of getting to you. However, the greatest battle one faces is the battle from within - it is the battle one faces alone.

The yearning for hope, for an answer - for a Savior has driven millions of people all over the world to search within anything that is supernatural and spiritual. Unlike anytime in history, there is such great spiritual hunger in the world. The quest for faith and hope and the search for su-

pernatural and spiritual experiences are now a growing phenomenal global trend.

And what about the churches? Amazingly, numerous Christian churches all over the world have been experiencing revivals like never before and are continuously growing with hundreds of thousands of believers! For many of these churches, miracles are just a part of everyday life. There are evidences of sick people being healed and even the dead being raised!

Although this may all sound unbelievable they are nonetheless true. How can we maintain this? Some of these miracles are recorded and have been medically proved by doctors and experts. Looking at it from a Biblical perspective, the Bible is full of miracles from beginning to end. Jesus, the Son of God, healed the sick and gave new hope wherever he went and Jesus Christ is the same yesterday, today and forever (Hebrews 13:8).

There still can be miracles!

When I was 18 years old, we were preparing for a trip with the ship AGAPE. After one week at the school, I became very sick. I had a very bad flu. I was thinking about traveling home to my parents to recover, but then the next evening I talked to another student about how sick I was (Yes, I felt sorry for myself).

After my talk, he promised to pray for me at seven o'clock at the prayer meeting. About two minutes to seven PM, I went to the bathroom to get some water on my face. And just before I threw water in my face, I felt completely well.

I looked at my watch and it showed two minutes pass seven! The rest of the evening I walked around and tried to feel my old sickness again, but I couldn't, because I was totally and completely healed in the name of Jesus Christ. Later on, the guy who was leading the prayer group told me that they prayed for me first at seven o'clock!

I believe in miracles because I have seen and experienced it! He will touch your life as well no matter what your need is. God has a purpose with your life, that's why you were born. And now He wants to know you! Do you know him?

Jesus died on the cross, and rose from the dead three days later by the power of the Holy Spirit. He has so much love to give you. He wants the

best for you. He is a miracle working God. Where there is darkness, He creates light. He can turn difficult situations into good.

He will change the world for you, because He loves you. He healed the blind. He healed those who could not walk and those with leprosy. He is here today with His presence. You cannot see him but you can feel him! Ask Jesus to come into our life and save your soul. And you will experience the peace of God from the Holy Spirit.

Whenever we find the presence of the Holy Spirit, we will always find the supernatural.

-- Kathryn Kuhlman

The greatest miracle takes place spiritually from within. The greatest miracle is when someone builds a personal relationship with Jesus Christ and receives eternal life.

Jesus is coming back soon!

I believe that you have a great destiny and future ahead of you. But I also believe that you cannot live your life to its full potential without Christ in your life. As a matter of fact, I believe that you have to receive Christ in your heart and life in order to receive genuine peace and eternal life. You have to receive the peace of God in your heart.

Where does your soul go to when you are dead? Is your soul committed to Christ? Does it have a place in heaven or not? Where will you, my friend, spend eternity? All of these are very vital questions and please, do not ignore them!

The prophecies in the Bible speak about several different signs which will appear in the world before the return of Christ.

The return of Christ is the day where Christ will bring home every person who truly believes that Jesus Christ is the son of God. The signs of his return are getting stronger. Are you ready? The greatest supernatural power is in Christ Jesus. He is the ONLY way to fellowship with God. He is the only one who can give you a deep peace within; he is the only way to eternal life.

Repent and turn around to Jesus and ask Him to forgive your sins and cleanse you with His powerful Blood. Turn around and give your life 100% to Jesus. The purpose with your life is to know and follow Jesus

Christ. In spite of your sins, God loves you. He wants to save you and give you eternal life.

There is only one peacemaker for your soul and only one healer for your life – That is Jesus Christ. Jesus Christ can heal every physical, psychological, emotional, financial, social need in your life. Receive your miracle today in the name of Jesus Christ

Rom. 8:9 The Spirit of God, who raised Jesus from the dead, lives in you. And just as he raised Christ from the dead, he will give life to your mortal body by this same Spirit living within you.

Remember that God loves you and that He wants to use you in His plan. There is no big or small in the Kingdom of God. Not matter if you are feeding the homeless in Asia or Africa, babysitting for someone who needs it, or being a “big brother”/ “big sister” to a kid who needs it, there is no difference. In God’s eyes we are all equal. So just do you’re very, very best in whatever life brings you and you will be satisfied.

The greatest power that God has given to any individual is the power of prayer.

-- Kathryn Kuhlman

Guide Keys:

Let the Holy Spirit guide you. The Holy Spirit is here today and is just waiting on you to invite him in to your fellowship. The Holy Spirit will guide and comfort you. Read the bible as if God is talking to you through it. Read a specific amount of chapters each day together with a good Bible dictionary.

Pray every day!

Listen to good gospel/worship music. It builds up your prayer life and makes you strong. Take some time off for doing this once in a while.

Go to a good healthy Bible believing church.

Together with friends you should maybe try and arrange a prayer meeting.

## Key Seven: Changing your World!

All right, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus.

John 14: 29

Back in 2000, I went to Kosovo to help build up the country after the civil war. When we arrived at the border of Kosovo, the driver who came from Skopje, in Macedonia, seemed very friendly.

But when we passed by the passport control he showed a whole new side of his personality! And right away he started to speed up and drive like crazy. The roads were very small. There were a lot of holes in the road from all the bombs and also a lot of traffic, but he didn't care at all. I guess he thought that the road was a high way but with only one lane! I thought that I would get a heart attack and that we would smash into a car driving in the opposite direction. We were so close to hitting other vehicles at full speed. Many times there was not room enough for the car to go behind another car or truck on the road, when there were other cars driving in the other direction, so he just kept speeding up! And the cars in the other direction would have to force their cars out in the grass verge!

Many times I had to close my eyes and pray! It was scary. But I was on a mission and had a task to accomplish! No body told me about crazy drivers before we went on the trip! But that is what mission and adventure is all about. And if you want to make a difference in this world you may expect to experience funny and hilarious things happening around you! You are on the move and will meet many new people, so bring the positive attitude. Bring it on!

With 25 people from Denmark and the US I had voluntary joined this trip. We came in the beginning of June about a year after the first UN soldiers went into Kosovo. So it was still kind of a war zone. I have never seen so many military vehicles and soldiers.

The Danish Military base was just on the outskirts of the city, while the American military base was a little further away.

There were France, English, Danish and US soldiers in the city. The trip to Mitrovica in Kosovo was mainly to help some of the locals with building construction after all the bombs. I have never seen so many destroyed buildings as I did in this city. How sad it was. So we had to remove the remaining parts of the walls in a destroyed house, so a new one could be built. We also helped to construct other buildings. I have never worked so hard. But it was great and a huge blessing.

In our breaks, we would play soccer with some of the kids on the street. It was hard for me to remember that I was in Europe with all the poverty and everything out of order. But I knew that I was making a change even though it was hard. After a couple of weeks we left again with the same driver! But I was touched by what I saw and would never be the same again.

Preach the gospel everyday; if necessary, use words.  
-- St. Francis of Assisi

I want to be a history maker and change whatever is possible for me to change. What about you?

There is a huge need for compassionate super heroes. The need for love and comfort will always be here. The need for someone who really cares is so big. I have been in Romania a few times and it hurts me to see these very poor people in the small villages living in plastic houses and with dirty clothes full of holes. But it could be anywhere.

I have been in L.A and I have seen the same thing. People living in awful shelters or in tents in downtown Los Angeles! It is the same in Portugal and even in Scotland. In the Philippines millions are living in poverty and without a hope getting out of it. We just need to open up our eyes to see the need. We can be there and help these people. To give them a hope for a better life for them and their families.

It can be so many different things: from becoming a school teacher that helps kids with learning difficulties, to becoming a Christian politician with an eye for the needs, or a TV news journalist, or a humanitarian worker and missionary.

"Do not have your concert first, and then tune your instrument afterwards. Begin the day with the Word of God and prayer, and get first of all into harmony with Him."

- Hudson Taylor

You can definitely be a world changer. Enjoy your life and use your potential fully. Don't hold any thing back. Make the good choices and see people around blessed because of you! You are a blessing and the world would never be same without you.

God's work done God's way will never lack God's supply.  
--Hudson Taylor

Guide Keys:

Stay alert, be awake and do something different! You can make a difference.

During the first period of a man's life the greatest danger is not to take the risk.  
- Soren Kierkegaard

End!

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End note: why I wrote this book?

Through many years of doing lectures at schools and conferences I saw the need of a lifestyle book with a Christian viewpoint. So this eBook is a combination of some of the lectures that I have done through the years.

John 7:38- Jesus says:

If you believe in me, come and drink! For the Scriptures declare that rivers of living or water will flow out from within."

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**Proverbs 19:17: (NLT)**

**If you help the poor, you are lending to the LORD--and he will repay you!**



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