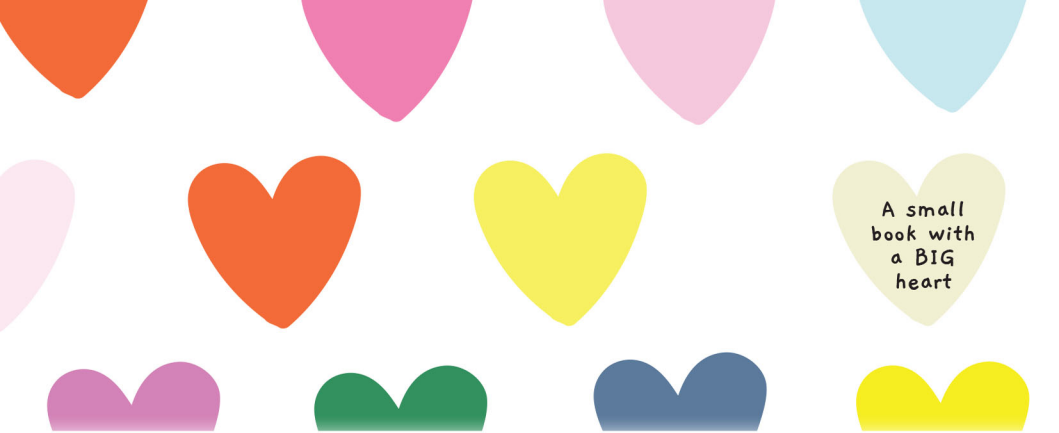




A small
book with
a BIG
heart

LOVE notes

Words by Dr Andy Cope & Hannah Knowles

Brought to life by Amy Bradley

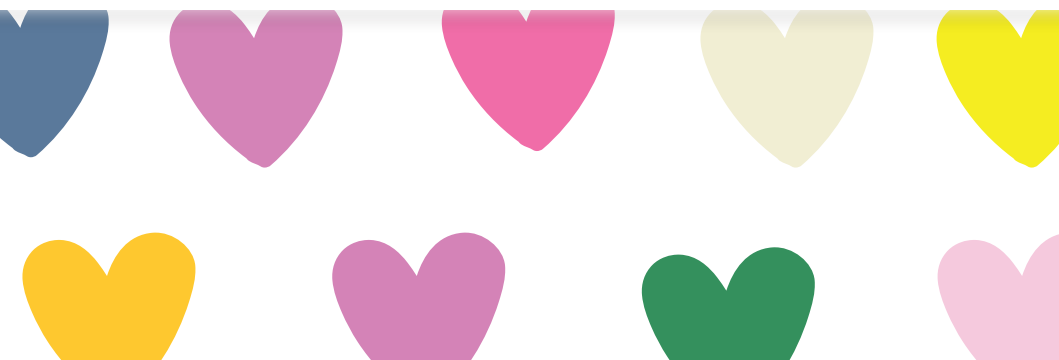


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CAPSTONE
A Wiley Brand

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LOVE rules

This book comes with two simple rules:

Rule #1, you have to actually read it. Every sentence, every word. Sloooooowly. No skimming.

When you've absorbed the messages, please think of someone you love, write their name on the next page, and move to rule #2 ...

Rule #2, you pass it on to that person. It's a pay-it-forward book. We're hoping that by the time you receive it, LOVE NOTES is frayed and tattered. That means it's been passed on and on and on and on (and on ...) in a chain of unadulterated love. The following page should be full of names, some you might know, others you don't.

If you are buying the book in mint condition, your job is to begin the chain. You've entered the love game at rule #1 which is super-thrilling because you are the love catalyst!

That sets you up nicely. As you're reading and absorbing the messages, you can be thinking about who you'll be passing LOVE NOTES onto.

Until then, it's 100% yours.

HAPPY READING!

I [insert your name here.....]
am the LOVE CATALYST.

I am passing the book to

.....
because I LOVE YOU!

I am passing the book to

.....
because I LOVE YOU!

I am passing the book to

.....
because I LOVE YOU!

I am passing the book to

.....
because I LOVE YOU!

Bad news. I [insert your name here

.....]

have got to buy a new book because this one's
full! *Doh!* But good news, that makes me a LOVE
CATALYST!



KEEP
CALM
AND
START A
REVOLUTION

It's love, actually

Here's a challenge. We want you to organise these five things into priority order. No cheating or over-thinking, just total honesty.

In terms of importance to you (and they're all important!), how would you rank these five things:

Relationships. Success. Money.
Happiness. Health.

1

2

3

4

5

I did the ranking activity with a bunch of 14-year-olds in Birmingham and they debated, argued and engaged. Some went for money as their priority (*'Because, sir, if I had money I could buy all the others'*) but most went for relationships, health or happiness.

We were about to move on when one of the lads raised his hand and said, *'Sir, you've missed something off the list.'*

I looked at the five words emblazoned on the screen and then back at the lad with a furrowed brow. *'What do you mean?'*

'Love, sir. If you add love to the list it changes everything.'

And 230 teenagers nodded in agreement. It's love, actually.



It's love,
actually

T e n T i m e O u t s ...

1. Meal time is delicious. *Savour it.* ✓
2. Family time is important. *Cherish it.* ✓
3. Friend time is limited. *Prioritise real ones.* ✓
4. Partner time is massive. *Have fun!* ✓
5. Children time is precious. *Be present.* ✓
6. Play time is fun. *You're never too old to jump in puddles.* ✓
7. Work time is enriching. *Add value.* ✓
8. Alone time is abundant. *Like yourself.* ✓
9. Down time is rejuvenating. *Schedule it.* ✓
10. Now time is all you ever have. *Be in it.* ✓
11. (BONUS) The time for LOVE is always. *BE love.* ✓

R e p l a c e a b l e

A few years ago, I was working long hours, travelling around the country, hardly at home and not at all happy. Yet I couldn't stop.

It wasn't until I was having lunch with a friend when she honestly (and politely) said, *'You know, you are replaceable.'*

I sat there silently for a moment, wondering. I'm replaceable? Is that even true?

'It's not just you,' she reassured. *'We're all replaceable. Presidents, prime ministers, CEOs ... there's always someone else who will step in.'*

I sipped my fizzy water, pensively, as she delivered the killer line. *'Except, of course, with our loved ones.'*

I coughed up some fizz.

'Our family and our friends,' she said. *'To your closest few - your tribe - you are 100% irreplaceable.'*

Cue a lightbulb moment from me. She was absolutely right. Why was I spending all my time and energy doing a job that I really didn't enjoy that much? Double whammy - it was a job that was taking me away from my irreplaceable people and moments.

So I took a metaphorical deep breath and made a change. It did mean saying 'no' to some opportunities at work. There were a few awkward meetings and a short-term financial hit. But ultimately it meant saying 'yes' to precious family moments, time and opportunities I won't ever get back.

And you know what? I don't regret any of the business meetings, overnight stays, promotions and events I missed, because I was doing my other job. I'd committed to my most important role: being a good human - *being present* - to those that matter the most.

'I've realised
why we're here,'
whispered the boy.

'For cake?'
asked the mole.

'To love,'
said the boy.

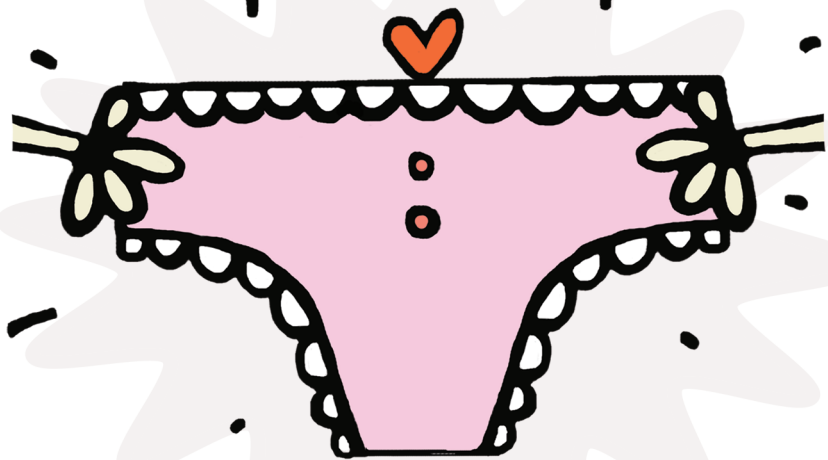
'And be loved,'
said the horse.



(Charlie Mackesy, author of *The Boy*, *The Horse*, *The Raccoon*,
The Rabbit and *The Mole*)¹

¹We reserve the right to get things mixed up.

Every day is a
Special
PANTS
day



Life's too short.
QUIT waiting
for happiness

Unleash your special undies

It's our belief that everyone is a superhero but that too many people are *pretending* to be normal!

If you're going to swell the ranks of being an everyday superhero, you'll be needing some special pants.

So here's a favour you can do for yourself and your partner, right now ...

Pop upstairs to your bedroom and open your underwear drawer. In that drawer there will be some undies that you don't really fancy. If you're unsure which undies we're talking about, it's the misshapen, off-colour ones you wear when you're poorly. Or gardening.

We want you to identify these last-resort knickers/boxers and remove them from your drawer. Bin them, burn them or bury them in your garden so you never have to wear them again.

Because tomorrow, when you're showered, deodorised and getting dressed, you will open your underwear drawer and in there will be your 'special pants'. Once again, you know *exactly* which ones we mean.