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Finding Purpose in
Your Life and Work



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FOLLOW YOUR HEART

**written and illustrated by
Andrew Matthews**

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Also by the same author

“BEING HAPPY!”

“BEING A HAPPY TEENAGER”

“MAKING FRIENDS”

“HAPPINESS IN A NUTSHELL”

“HAPPINESS NOW”

IN MEMORY

of my father Peter,
who was living proof that you can
follow your heart and have a ball.

DEDICATED

to my precious wife Julie.
Thank you for your endless guidance and support,
and for the joy you bring.

THANK YOU

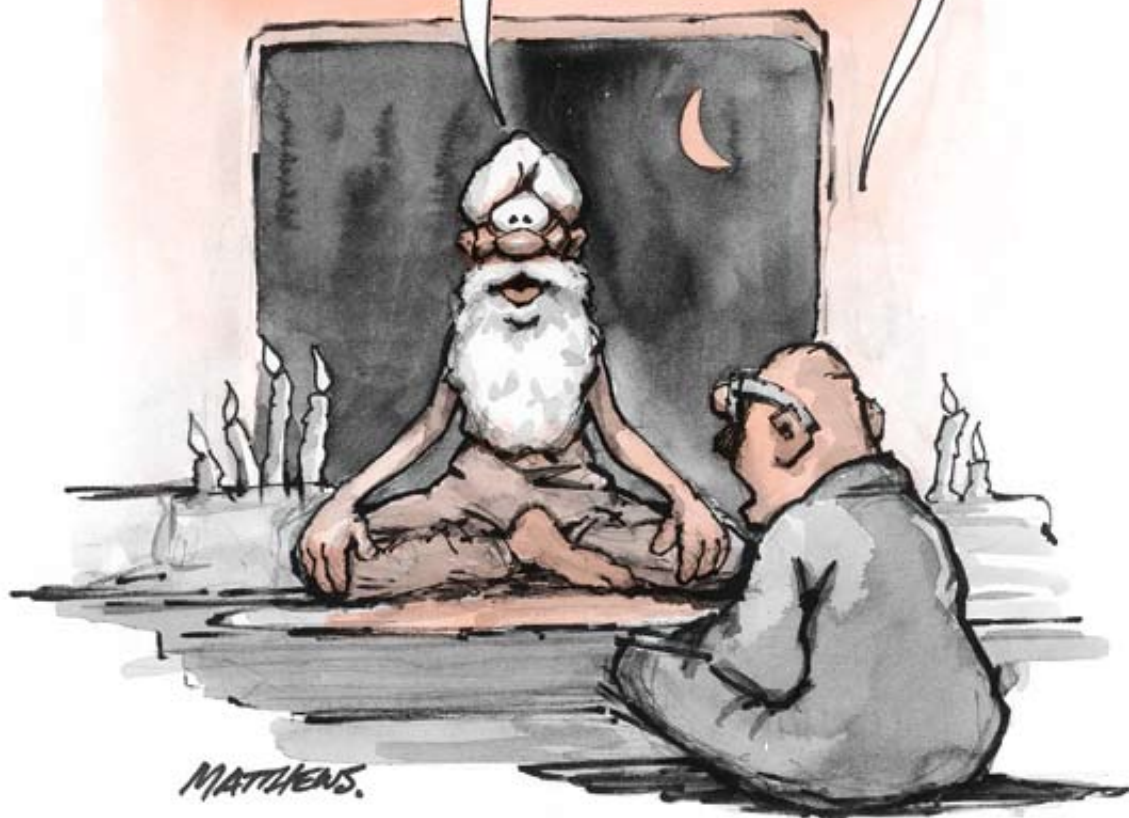
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MASTER, IS THERE MORE TO LIFE
THAN OWNING A MERCEDES SPORTS?

YOU BET - GET A FERRARI!



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"The company has decided to recognize your contribution!"

Follow Your Heart

THE TEN CONCEPTS:

1. We are here to learn lessons,
and the world is our teacher.
2. The universe has no favorites.
3. Your life is a perfect reflection of your beliefs.
4. The moment you get too attached to
things, people, money... you screw it up.
5. What you focus on in life expands.
6. Follow your heart!
7. God is never going to come down from
a cloud and say, "You now have permission
to be successful!"
8. When you fight life, life always wins.
9. How do you love people? Just accept them.
10. Our mission in life is not to change the
world – our mission is to change ourselves.