Z-ISMS
INSIGHTS TO LIVE BY

LIFE UPGRADE

YOUR Z-ISMS: INSIGHTS TO LIVE BY

Z-ISMS [ZEE-IZ-UMZ] (NOUN)

Pearls of wisdom, credos, mantras, adages or by any other name, **Z-isms** are "Insights to Live By."

ACTIVITY: TOP 3 Z-ISMS (TIME: 10-15 MINUTES)

It's Wednesday and you know what that means!

That's right, it's the release of a new inspiring and uplifting episode of "**Insights to Live By – The Podcast**."

Knowing that *everyone* has certain **Insights to Live By**, show guests come from all walks of life. These may be celebrities, athletes, musicians, authors, coaches, social media personalities, successful leaders and/or entrepreneurs.

Today's Featured Guest: YOU!

What better way to begin your Life Upgrade than to **define your own TOP 3 Z-isms!**

These might be a guiding principle or life lesson that a parent, grandparent or mentor instilled as a phrase of pointed advice. Greater inspiration may come from a profound life event or experience over time. Maybe it's a favorite expression framed on a wall or in your email signature. These are those core values most often shared to positively impact others. Z-isms needn't be original. What matters is what makes those specific **Insights to Live By** most notable and meaningful, such as a story behind them.

Your TOP 3 Z-isms you want the world to know to personally enrich the lives of others:
[Optional] - *Explain any story or reason for each of your Insights to Live By*

1)

2)

3)

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