

WHAT PEOPLE HAVE SAID ABOUT GLEN GERREYN'S DOSES OF INSPIRATION...

"Glen Gerreyrn has been an inspirational and intergral part of my life for the past three years. He was by my side during Year 12 when I needed that extra motivational boost and is still there today helping me to tackle the everyday obstacles life throws at me. It's nice to open up your email each week and read a message that can make you rethink your attitude and approach to life and realise how important making the most of 'now' truly is. I have accomplished so much, and I will always know in my heart that Glen and his team were a part of that. So, on behalf of myself and so many other students, I would just like to thank you."

NICOLE

"Consistency. The main problem with achieving self-perfection is being consistently motivated to achieve your goals and dreams. That's where Glen's weekly oxygen boosts come in. In fact it's the reason they're so valuable. They are beautifully crafted nuggets of wisdom and motivation. So now Monday isn't just the start of another boring week that I have to endure so I can enjoy the weekend. No, every Monday is a golden opportunity, another chance for self-realisation, another chance to seize the day and I have Glen's insight to thank for that!"

SHAE

"To have these Doses of Inspiration constantly in my inbox is a way of reminding myself to make the effort to make my day just that bit better. It always seems to arrive on days when I need it and somehow the emails always relate to me. They are that little pick-me-up when needed the most. Thank you Mr Gerreyrn for keeping me on top of things and doing far more for adolescents than you will ever truly realise."

GRACE

"I'm just one of the people who gets your Doses of Inspiration and I just want to say that the things you write about are really fantastic. I love how you mix history and philosophy together to create a unique way to view and understand things. You have an awesome gift! Keep it up mate!"

ANDREW

"I have to say that I really needed some motivation this week, as I was sitting at the computer, getting distracted from my studying. I read your advice and it made me get back into the right mode again. Keep sending me emails. Thanks Glen."

RENAE

"I wanted to say how beautiful your words were this week. You always seem to be able to write about something really relevant but this week you hit me right on the knocker! Keep up your awesome positivity."

TOM

"Thanks so much for your emails, they always boost me when I'm down, and make me think just that bit deeper about things. You're a champion, keep doing what you're doing."

JOEY

"I'm just writing to thank everyone at The HopeFull Institute for the regular emails I receive. As a university student I have a lot on my plate and find that each email helps me through the obstacles that come my way."

CHRISTINE

"I just received my first Doses of Inspiration email and I'm very excited! I'm having a very stressful time at school at the moment, and your email really put a smile on my face and encouraged me to keep going. Thanks so much Glen! The world would be a much better place if we were all able to take a page from your book."

BRITTANY

"I just want to thank you so much for all your encouragement over the past few weeks and months. It has really helped me to become more confident in myself. You are a real encouragement to all people of different ages so don't give up. Keep going with your great work. See now I'm sounding like you!"

PRU

"Thanks heaps Glen, you have inspired me so much. I have been inspired by so many things you have told me. Let's just say that every bit of information you give to each of us kids helps us, now or in the long run."

BRIANNA

"Thank you very much for the motivational email, it really lifted my spirits! Thank you for your advice on excuses. Next time I face a situation like that I will remember your mantra 'I can do it! Yes I can! Do it now!'"

KATIE

"Wow. I have read the Doses of Inspiration since I started getting them at leadership camp and this one just touched me. I've had a hard time just to keep going because I left Australia, my friends and my girlfriend. This email came at just the right time to remind me to pick myself up, dust myself off and try again. Whenever I'm down I remind myself that today I am going to be magnificent. Thank you for helping me make my life that much easier to handle."

YOCHI

"You may get these kinds of emails all the time but the Doses of Inspiration that you send on a regular basis really do help struggling young adults and confused youth. Not long ago I had been struggling to find a profession which would be both enjoyable and challenging. It wasn't long before I was thinking it would be a worthwhile decision to take up a trade. That day I decided I would look for an electrical apprenticeship. In the next week I filled out an Energex recruitment form and in a matter of hours I was lined up for an aptitude test where over 800 applicants would try for 46 positions. I passed through the aptitude test with flying colours and for the next 3 months I was put through interviews and physicals until I finally got an email from them saying I had failed to obtain the Energex apprenticeship. Yet through strong determination and help from those around me, such as your Doses of Inspiration, I kept looking. I did free work for a couple of electricians before finally landing an apprenticeship and now I'm loving it. I'd just like to say thanks for the emails. They're very helpful."

REID

"I was fortunate enough to see the Day of Hope seminar last year when you came to the small town of Moree. After your seminar I was filled with a new sense of purpose and drive. My dream is to one day become a famous musician and sometimes I think that this dream seems enormous. Then I go to my email inbox and see a new Dose of Inspiration. I open it up, read away and as I scroll down through the email I think of my dream and it becomes smaller and smaller in my mind. I am filled once again with purpose and determination. Your Doses of Inspiration are a fantastic reminder that I can achieve whatever I want and it gets me so excited that I just have to go and pick up my instrument and reach for the stars! Thank you for everything and please keep up the fantastic work."

STUART

"Thanks so much for the regular emails. I always leave it last in my inbox when checking my emails so I know the last thing I read is encouraging, positive and full of insightful thinking! It works for me! Keep going strong!"

STEPH

"Your Doses of Inspiration are extremely powerful. I am so inspired and deeply challenged by the entry on 'Justice'. I have read the uptake a few times since receiving it, but it wasn't till today that I really needed to dig deep and use the principle. When you wrote: 'I constantly hear people talk about how things are unfair and unjust. When, the reality is, they just want their own way. The pervading culture of the day is selfishness rather than selflessness ... We cry out for justice while acting like a toddler having a tantrum, you caused me to dig deeper and look at my actions with honesty. I confronted my feelings and found how hard that can be when I am absorbed by my selfish thoughts! Now I am able to make a decision in dignity. Glen, the challenging thing about this selflessness, is that we won't see instant good results for ourselves. The result is in blessing the other person. Thank you for speaking the truth in blunt honesty. I hope many others took on this message and allowed it to change their heart too. Thank you for your wisdom. You inspire me."

CATHERINE

"I know that you probably don't remember me, but you came to my school in 2007 to give us your motivational talk. A few moments ago, I was having doubts about my dream of getting into medicine because I think that I won't get the UAI to get into the course. Thinking about it made me even more unsure of my future, even though I know that medicine is my goal for the future. About ten minutes ago, I opened up my email account and was surprised to find a new Dose of Inspiration from you. I opened it up, and as I read it, my confidence started to build up again only because your email made me think about how easily I give up. It made me realise that I do have a chance at medicine if I work really hard for it and I will continue to work hard for it and I'll try not to be too pessimistic all the time. Anyway, I just want to say thank you for sending me that email, because it really did lift up my spirits and stopped me from sidetracking away from achieving my dream."

KIM

"I just wanted to thank you for this week's Dose of Inspiration. It could not have come at a better time for me! I have just been through a rather nasty break-up with my boyfriend of two years, who I had been living with for a year and a half. Not only did he cheat on me, but he then proceeded to blame his actions entirely on me. So while I was feeling very hurt and betrayed, I came across this week's email, and it helped me to take a step back and look at the situation clearly. I was also able to see all the good things I still had in my life – like friends who take you in when things go wrong, and a brother who called up most nights just to talk to me and see how I was going. So again, thank you so very, very much for the Doses of Inspiration"

ANGHARAD

"Thanks for your continual encouragement through the Doses of Inspiration. It's really an inspiration to get and stay motivated."

EMILY

"I would just like to begin by thanking you for the Doses of Inspiration. As always I find them uplifting and interesting brain food that leaves me hungry for what I am capable of achieving."

ELIZA

"You are the KING of advice, pro of ideas and nonstop awesome help. KEEP IT UP FOREVER."

BRODIE

"I have to say that your email made me laugh because it is so true. I'm loving these boost emails, they really work, keep them coming please. You don't have to worry I won't let some 'smooth-talking, manipulative, poetry-writing emo or other thumbsucker' who crosses my path sweep me off my feet too easily. Thanks again. You're an inspiration.

Love, Alexandra – the girl who has had a phenomenal day!"

ALEXANDRA

"Love the Doses of Inspiration. Such a positive message Glen. I wish I was getting this when I was 16 yrs old and at school!!!"

MADELEINE

These doses of inspiration have seriously changed my life. This might seem a bit corny, but I know that I have so many amazing qualities in me that I've just discovered. If it weren't for the emails, I would still be considering myself as a 'weirdo' but now I know that I can do anything I put my mind to. I am an aspiring actress and I now know that I WILL be an actress no matter what others say, because it's something I am truly passionate about! You have honestly changed my life!"

JENNA

"If there is one thing your emails teach me it is the fundamental key of giving 100% and not giving up. I guess it all comes back to this, 'If your not going to give 100% to something then why do it at all. Tomorrow I start year 12. Yes, the big year! I plan to embrace every aspect of it and hope to receive more emails as they have really allowed me to step outside the square and look at life from the outside."

MAXINE

"I wanted to thank you for this Dose of Inspiration because I especially needed it today. It was as if I was meant to see this email today. It's really nice to know and hear from you that people such as yourself truly believe that everyone can be successful. It is so true that people, even your friends have the ability to bring you down and I've experienced that on countless occasions.

P.S. I gave all my friends your Get Your Hopes Up book for our year 12 graduation. You should have seen their smiles."

ALEX

THE
HOPEFULL
LIFE

THE HOPEFULL LIFE

102 DOSES OF INSPIRATION

GLEN A. GERREYN

FH
FREEDOM
HOUSE
PUBLISHING

OTHER BOOKS BY GLEN A. GERREYN

GET YOUR HOPES UP

MEN OF HONOUR

GIFTED FOR GREATNESS

WHO I AM



FREEDOM HOUSE PUBLISHING

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DEDICATION

*This book is lovingly dedicated to my wife, Belinda
My heart will belong to you forever.
You are the air that I breathe.
I love you babe!*

"Freedom is the oxygen of the soul."

MOSHE DAYAN

CONTENTS

Foreword
Acknowledgments
Introduction

DOSES OF INSPIRATION

1	Accomplishment	22	Faith
2	Authentic	23	Fame
3	Beginnings	24	Family Matters
4	Bitterness	25	Fatherhood
5	Boys 2 Men	26	Fire in your Belly
6	Choices	27	Focus
7	Chutzpah	28	Friends
8	Compromise	29	Generosity
9	Conquerors	30	Girls
10	Consciousness	31	Giving
11	Creativity	32	Goals
12	Decisions	33	Good vs. Great
13	Delayed Gratification	34	Grace
14	Discipline	35	Habits
15	Disadvantage	36	Handling Criticism
16	Drugs	37	Hope
17	Encouragement	38	How Poor Are You?
18	Enthusiasm	39	Humility
19	Excuses	40	Imagination
20	Exercise	41	Invention
21	Failure	42	IQ

43	Journey	73	Reading
44	Justice	74	Risk
45	Keep On Keeping On	75	Safety
46	Kindness	76	Satisfaction
47	Laughter	77	Selah
48	Life	78	Self-Awareness
49	Loneliness vs. Solitude	79	Self-Image
50	Living	80	Self-Talk
51	Making a Difference	81	Silence
52	Maximise your Potential	82	Sleepwalker
53	Mind Power	83	Stress Less
54	Miracles	84	Success
55	Momentum	85	The Blind Man
56	Money	86	The Butterfly Effect
57	Moth to a Flame	87	Thinking
58	No Pain, No Gain!	88	Tiger Rules
59	No	89	Tough Times
60	Opposition	90	Training
61	Out on a Limb	91	Universe
62	Overcoming Depression	92	Uncertainty
63	Pain	93	Values
64	Passion	94	Vision
65	Pay the Price	95	Water
66	Phoenix Rising	96	Who Are You?
67	Planning	97	Xerox
68	Punctuality	98	X Factor
69	Quest	99	Yes
70	Question	100	Youth
71	Quantum Leap	101	Zeal
72	Rejection	102	ZZZZZ

Endnotes

Bibliography

About the Author

The HopeFull Institute

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"A house without books is like a room without windows."

HEINRICH MANN

Books allow us the opportunity to look outward to get a new world view or perspective. This work has come together through the help of many. Their wisdom has brought fresh eyes to a work that has been years in the making. Thank you to everyone who has offered advice, guidance and support.

I want to thank my wife, the only one on the planet who can take the words that are in my heart and that I scrawl out on paper and frame them in a manner that reveals the truest sense of who I am.

To the reader; I hope this book becomes a well-thumbed resource in your journey of personal development.

INTRODUCTION

My life's work is about engaging and inspiring people by re-igniting and re-discovering **hope**. Now, I say '**hope**' and you might be thinking airy-fairy '**hope**'? You might be thinking pretty flowers, and charitable causes? If so, think again. The '**hope**' I'm talking about is the most powerful driver of human achievement. It's active, not passive. It's strong, not feeble. It's courage, not fear. It's clear thinking, not disillusionment. It's ongoing, not an end point.

**Hope is tenacious. Hope is audacious.
Hope is positively contagious.**

Hope is a one-two combination of belief and expectation. When you experience this positive emotional state it releases neuro-chemicals called endorphins which enable you to overcome obstacles you would not otherwise be able to scale. **Hope** will take you from functioning to flourishing.

Hope is at the heart of every achievement because with hope comes meaning. With meaning people feel engaged. Engaged people take action – in their lives and in their work, and action drives growth, for individuals, for businesses, communities and schools.

I've met thousands of people, young and old, across the world and it all boils down to building **hope**. It is the very essence of greatness, and for me there is nothing more potent than changing someone's life, by helping them rediscover **hope**. No matter how big or small the action they take, the effect is mind-boggling.

I have the privilege of spending every school day of each year speaking with high school students. Following the seminars students wanted even more inspiration to cement the new lessons and help to apply them to their life. To do this I created a weekly motivational email. This book is a compilation of the best 102 so far.

Each one of these "Doses of Inspiration" is full of **hope**, renewal, courage and power, to enable you to squeeze every thing you can out of each and every day.

The first principle of Personal Development is that you take incremental steps each day to maximise your position. A 60 second dose from this book will have you ready to take on whatever challenges life throws at you. Be sure to take advantage of every step by completing each challenge. This will solidify what you have learnt as you draw on your own personal experience giving each dose a useful context in your life.

Enjoy the inspiration and come back again and again to the doses that inspire you the most. These lessons will take you from strength to strength.

Grace and Peace

Glen A. Gerreyn

THE WINNER'S CREED

I know that I have the ability to achieve my definite purpose in life; therefore, I demand of myself, persistent, continuous action towards its attainment and I here and now promise to render such action.

I fully realize that no wealth or position will long endure unless it is built upon truth and justice;

therefore, I will engage in no transaction which does not benefit all whom it affects.

I am succeeding by attracting to myself the forces I wish to use and the cooperation of other people.

I induce others to serve me because of my willingness to serve others.

I eliminate hatred, envy, jealousy, selfishness, cynicism, anger, and fear by developing a true love for all humanity, because I know that a negative attitude towards others will never bring me success.

I cause others to believe in me because I believe in them and in myself.

This is my creed, my quest.

To never stop striving for the top.

To always keep moving forward.

To always be the very best I can be.

I am the power. I am the magic. I can not be stopped. I am a winner.

I promise to always be true to myself ...

I am responsible for making a positive difference in the world and to the quality of life in it.

I live in constant and never-ending improvement.

NAPOLEON HILL 1883 - 1970
AMERICAN AUTHOR

1

ACCOMPLISHMENT

"Nothing builds self-esteem and self-confidence like accomplishment."

THOMAS CARLYLE 1795–1881
BRITISH HISTORIAN AND ESSAYIST

There is nothing like the feeling of accomplishment to lift us up, it fortifies our spirit and empowers us to be greater. However, we all experience low times, as part of the natural rhythm of life. The trick is to ensure those times are only temporary lapses rather than long and drawn-out soap opera episodes filled with drama. Any task, once completed, can helix you into an optimal state and enthuse you for the next challenge. Begin small and work your way up whenever you find yourself locked into a prison of apathy.

To get started, think about all the things you have accomplished in your life so far. We take so much for granted in our lives, including the great things we ourselves have done. We underestimate the excellence that has come about because of the works of our hands and hearts and the ways in which we have impacted those around us. Some days you might feel like you accomplish very little but I urge you to look deeper and really see the difference you are making and the great things you are achieving with your life. Accomplishments may be as small as tidying your room, organising your study, cleaning your car or helping a neighbour. Accomplishments may be as large as winning an award, completing a degree, getting a promotion, or saving a life. Remember each accomplishment required your skill and determination to see it through to completion.

Each and every accomplishment builds your self-worth and empowers you for the next task at hand, no matter how small it may seem. The boost you get from completion realigns your emotional state and creates momentum.

I want you to become a person who is proactive about being aware of your accomplishments, thereby recognising that the space you take up on the planet is worthwhile.

And don't think that is not you – it is everyone! YOU included. Your accomplishments have been valuable and meaningful.

The news just gets better!

Your accomplishments that are around the corner are going to be bigger, brighter and more beneficial to both you and those around you.

YOUR **ACCOMPLISHMENT** CHALLENGE

Complete the list of THINGS TO DO WHEN I AM BLUE. Record all the things you need to reorganise, file, tidy, unclutter and clean. When you feel a little low, you can act on those things and tick tasks off your list. Your emotions are connected to the motion of your body, so being productive when you're feeling like you have accomplished little will immediately change your perception. Don't forget to cross off each task as it is done and watch your sense of accomplishment and self-esteem soar. Getting the small tasks in your life in order will open up space for the big things.

THINGS
TO DO WHEN
I AM BLUE

2

AUTHENTIC

"The aim of the authentic artist is not to conform to the history of art, but to release himself from it, in order to replace it with his own history."

HAROLD ROSENBERG 1906–1978

U.S. WRITER, EDUCATOR AND PHILOSOPHER KNOWN FOR HIS CONTRIBUTION TO THE UNDERSTANDING OF 20TH CENTURY VISUAL ART

The film, "**Mean Girls**"², starring Lindsay Lohan, parodies a number of high school archetypes. There are the "plastics (teen royalty), jocks, art freaks, nerds, burnouts, girls who eat their feelings, girls who eat nothing at all, unfriendly black hotties, desperate wannabes and band geeks".

Think about your own school and try to identify these groups. These groups may even exist in your workplace. I see these species in all the schools I go to! I was in Year 12 in 1990 and the groups have not changed much.

How did Hollywood grasp such a fine understanding of teenage groups?

Does every generation mimic the one before? Are we so desperate to fit in that we take on the mannerisms, opinions and morals of our peers without realising?

Must we derive many of our social values from those around us? How many of your opinions are truly yours and how many are simply the popular party line? Clearly we are not robots or clones, yet how often are we truly our authentic selves?

YOUR **AUTHENTIC** CHALLENGE

Consider this line from the movie *'What a Girl Wants'*³:

"Why are you trying so hard to fit in, when you were born to stand out?"

If this applies to you in ANY area of your social, emotional or spiritual life then consider why you are wanting to fit in and then consider how you can make changes to be more AUTHENTIC! Be the real you!

WHEN WE ARE OUR AUTHENTIC SELVES
WE ARE **THE BEST** WE CAN BE!

1. Identify something you do or say **SOCIALLY** in order to fit in.

THE **AUTHENTIC** YOU: What do you truly believe?

2. Identify something you do or say **EMOTIONALLY** in order to fit in.

THE **AUTHENTIC** YOU: What do you truly believe?

3. Identify something you do or say **SPIRITUALLY** in order to fit in.

THE **AUTHENTIC** YOU: What do you truly believe?

The next time you have the opportunity to show the authentic you, don't miss it. Being your authentic self brings freedom. If people don't like the authentic you then they don't deserve the privilege of your company.

BE WHO YOU WERE CREATED TO BE.

3

BEGINNINGS

"What we call results are beginnings."

RALPH WALDO EMERSON 1803–1882
AMERICAN LECTURER, POET, AND ESSAYIST.

Every 365 days the calendar turns over.

Every 24 hours a new day dawns.

Every 60 minutes a new hour ticks by.

Every 60 seconds a new minute begins.

A brand new day! A brand new hour!

A brand new moment! A brand new beginning!

A fresh start to your better life!

This is your moment to shine. Put out of your mind any past failures, disappointments, fears, mistakes or blunders. Challenge your timidity and doubt. Let your thoughts reflect your future. What you see on the inside is more important than the view on the outside. Inside you is an immeasurable capacity to dream, create and imagine. As Bishop T D Jakes says: ***"Do not allow your history to get in the way of your destiny."***

Today make this your commitment. Don't wait till the New Year fireworks explode in the sky to embark on a New Year's resolution. Don't wait till next month to embrace a new exercise regime. Don't wait till next Monday to improve your study habits. Don't wait for the other person to act to change a relationship.

The moment is NOW! And here is another moment ... NOW! Beginnings start in whichever NOW you choose! Whether it is NOW ... or NOW ... or NOW! Right there were three opportunities for a new beginning. It is never too late. You have not missed the boat. You can make a fresh start. Turn over a new leaf. FOR YOU the time is NOW!

YOUR **BEGINNINGS** CHALLENGE

Identify the top five results, goals or resolutions that you are most passionate about achieving NOW and identify the next step to take today. List them below. Then type them out and stick them on your refrigerator, your computer or on the wall next to your bed. It is important that you keep what you want to achieve in front of you. It is easy to lose focus on your goals if you simply ride the wave of daily life. Decide every day to do one thing that will help you get closer to achieving these goals.

	GOAL	NEXT STEP
1.	<hr/> <hr/>	<hr/> <hr/>
2.	<hr/> <hr/>	<hr/> <hr/>
3.	<hr/> <hr/>	<hr/> <hr/>
4.	<hr/> <hr/>	<hr/> <hr/>
5.	<hr/> <hr/>	<hr/> <hr/>

4

BITTERNESS

"Bitterness imprisons life; love releases it. Bitterness paralyzes life; love empowers it. Bitterness sours life; love sweetens it. Bitterness sickens life; love heals it. Bitterness blinds life; love anoints its eyes."

HARRY EMERSON FOSDICK 1878-1969
AMERICAN LIBERAL PROTESTANT MINISTER, TEACHER, AND AUTHOR

Bitterness stems from losses or failures that dent our confidence, alter our perceptions and cause us to approach our future with more reticence. Bitterness may occur when we see other people succeed ahead of us. Jealousy, anger and resentment are all on-ramps to the bitterness highway. Bitterness creeps in when we allow situations to infect the person we are on the inside. Bitterness may cause us to quit. You could be a nice, polite, beautiful person and still feel bitter about events or conversations.

Don't allow your past to pollute your present, and poison your future.

Forgive, accept and move on. Your future is too bright to allow it to become clouded by bitterness hiding inside your heart. Bitterness is an attitude. You can choose to release it!

Don't get bitter, GET BETTER!

5

BOYS 2 MEN

"Show me the man you honour, and I will know what kind of man you are, for it shows me what your ideal of manhood is and what kind of man you long to be."

THOMAS CARLYLE 1795–1881
BRITISH HISTORIAN AND ESSAYIST

FACT: Boys need mentors. The media is full of examples of a talented young protégé standing at the side of their wise and capable mentor.

Morpheus and Neo

Donald Trump and his apprentices

Obi-Wan Kenobi and Anakin Skywalker.

The force needs to be passed on!

Sadly, it seems there are not enough mentors for all the students. Fatherlessness is epidemic in this nation. One in six children live without a dad. There is also a shortage of young male teachers. At home and at school, good men are hard to find.

What's the solution? You can take as a role model great men who you may never physically come into contact with. As a schoolboy sprinter I would read and watch everything I could about Carl Lewis. Later, Nelson Mandela and Martin Luther King Jr became my mentors through their books and speeches. There are many ways to be mentored by those you admire. A mentor is invaluable to help you navigate the course of your life. Don't do it alone.

GIRLS: This is important for you too!

YOUR **BOYS 2 MEN** CHALLENGE

As you identify your mentors you can become their protégé by reading about them or watching them through multimedia. These are men that can be your mentors from a distance. Also, ensure you have mentors you can sit down and talk with face-to-face. Someone you can make an appointment with to talk things through. Share your ideas. Share your dreams. Someone you can entrust your dreams to and who will treat them with the respect they deserve. You can CHOOSE to model yourself on great men who epitomise all you aspire to. REMEMBER ... WHAT YOU SEE IS WHAT YOU BECOME.

RIGHT NOW IDENTIFY EITHER CURRENT OR DESIRED **MENTORS** IN YOUR LIFE. IT IS IMPORTANT TO HAVE ALL AREAS COVERED.

KEY: F☐ = Face-to-Face D☐ = From a Distance. TICK ONE FOR EACH MENTOR

MY BUSINESS OR FUTURE CAREER MENTOR

F☐/D☐ This should be someone who is doing the job you want to do.

MY RELATIONSHIPS MENTOR

F☐/D☐ This should be someone who fosters authentic and sincere relationships with friends, family and partners.

MY HEALTH AND FITNESS MENTOR

F☐/D☐ This should be someone who values their general health, fitness, diet and sleep – someone who is undertaking the health and fitness regime you aspire to.

MY FINANCES MENTOR

F☐/D☐ This should be someone who can help you achieve your financial goals.

MY SPIRITUAL MENTOR

F☐/D☐ This should be someone who can help you achieve your spiritual goals.

DO YOU HAVE MENTORS FOR OTHER AREAS OF YOUR LIFE?

Have you left any of the above spaces blank? Yes No

If yes, make it your mission over the next two weeks to find mentors that can guide you in these areas. This is a mission that, should you accept it, will set you in good stead for your future. We must always put ourselves in environments where the standards are high and mentors are the key to these environments.

6

CHOICES

"I am what I am today because of the choices I made yesterday, and tomorrow what I am will be influenced by the choices I make today."

UNKNOWN

Every single day of our lives we have to make choices.

What time will I get out of bed?

What will I have for breakfast?

What will I study at university?

Who shall I date?

When should I have sex?

You have a choice! If you don't make a choice the decision will be made for you and you may not like the outcome.

It was a choice that sent man to the moon for the first time on 21 July 1969 and a choice that sent two planes into the Twin Towers in New York City on 11 September 2001.

The choices you make will either improve your life or impair it.

Just like dominoes falling over, our choices have consequences. If I choose to party and binge drink, then I choose to wake up with a headache. If I choose not to study, I choose not to get good grades. If I choose to eat junk food and not exercise I choose to be lethargic and damage my body. If I choose to act selfishly, I choose to fragment my relationships.⁴

Today, it seems, many look to blame someone else for their misfortune. Often, the dilemmas we find ourselves in are a direct result of the choices we have made. Want a different destination in life? Then make a better choice. The power is in your hands.

YOUR **CHOICES** CHALLENGE

WHAT CHOICES HAVE YOU MADE TODAY THAT WILL IMPROVE YOUR LIFE TOMORROW?

Had a good night's sleep?

Been a kind and generous person?

Handled your money wisely?

Eaten five serves of vegetables and two serves of fruit?

WHAT CHOICES HAVE YOU MADE TODAY THAT WILL MAKE TOMORROW A BAD DAY?

Not studied?

Been rude to someone?

Been ungrateful?

Harmed your body?

Harmed your mind by speaking negatively to yourself?

Decide to be a person who makes good choices. Make the choice to study today. Choose to forgive. Choose to exercise. Choose to be happy. Choose to be grateful. Sometimes, all that we need is to take time to think before we act. Talk about your choices with a parent or mentor... someone who can help in your decision making process. You don't have to choose on your own.

The power to make good choices is within you.

Complete your CHOICES challenge over the page.

LIST THREE RECENT **GOOD**
DECISIONS YOU HAVE MADE.
WHAT WERE THE CONSEQUENCES?

1.

2.

3.

LIST THREE RECENT **BAD**
DECISIONS YOU HAVE MADE.
WHAT WERE THE CONSEQUENCES?

1. _____

2. _____

3. _____

Being aware of the good and bad decisions we make in life helps us.
Champions learn from the bad decisions and don't repeat their mistakes.



CHUTZPAH

(Yiddish) – unbelievable gall; insolence; audacity.

WWW.WORDNET.PRINCETON.EDU

In Jewish folklore chutzpah had a negative connotation due to its association with the old joke,

"The Definition of Chutzpah". An attorney, addressing the jury says of his client, who had recently killed his parents: "Dear ladies and gentlemen, please take mercy and release this poor orphan."

Now the English vernacular has reinvented it as a term for courage and audacity. It can now be described as having the nerve, boldness, gall or cheekiness to strive for the impossible. Chutzpah is a label given to people displaying unceasing daring and fearlessness. They have the courage to be provocative and controversial and possess a preparedness to push boundaries.

Sergey Brin and Larry Page learnt a phrase in college which changed their lives. It was "having a healthy disregard for the impossible". These men went on to form Google, the most frequently used search engine on the World Wide Web.⁵

Wilbur and Orville Wright are admired for having the audacity to believe in the possibility of manned flight. These two men invented the first flying machine. They found solutions and saw things that other people could not see, because they believed in things others could not believe. Their nonconformist thinking enabled them to bring into existence that which had never been conceived, or even imagined before. Their nerve, boldness and CHUTZPAH, taking to the air in an untested flying machine changed the world.

YOUR **CHUTZPAH** CHALLENGE

On a scale of 1 to 10, how would you rate your capacity to be bold, think outside the box and take action. What is your chutzpah level?

1 2 3 4 5 6 7 8 9 10

(1 = low, 10 = high)

WHAT COULD YOU DO TODAY TO STRENGTHEN IT?

Is there a particular area in your life where you are holding back ... afraid of taking a risk? Could it be that you're not taking the subject you really want to study but settling for an easier one? You could be losing sight of a goal because it has become too hard or people say you won't make it? Or, could you be living below your potential because you are more concerned about being accepted and having everyone like you?

WRITE DOWN WHAT IT IS THAT COULD BE HOLDING YOU BACK FROM DOING SOMETHING YOU REALLY WANT TO DO? REMEMBER **CHUTZPAH** RELATES TO YOUR PERSONAL CHARACTER NOT TO EXTERNAL INFLUENCES LIKE PEOPLE OR EVENTS.

Whatever it is... let the CHUTZPAH in you OUT and break those boundaries you have created for yourself.

8

COMPROMISE

*"Don't compromise yourself.
You are all you've got."*

JANIS JOPLIN 1943-1970
AMERICAN BLUES VOCALIST OF THE 1960S

There is a tall tale of an uncertain soldier in the American Civil War who, figuring to play it safe, dressed himself in the blue coat of his allies and the grey pants of his enemy. He tiptoed out into the battle field and got shot from BOTH directions.

The idea of compromise can be quite perplexing. There are two definite branches. One branch is a compromise between GOOD and GOOD and the second is a compromise between GOOD and BAD.

An example of the first kind of compromise might be a couple choosing a movie. Their task is simply choosing between two great movies but he wants the action thriller and she wants the romantic comedy. The compromise won't threaten or affect either's core values or beliefs but will contribute to the harmony of the relationship.

Compromise between good and bad, however, is where we take a backward step on our core beliefs and morals. It's a bit like taking cold water and mixing it with hot water. The results are neither cold, nor hot, but lukewarm. Being lukewarm is not much good to anyone or anything. Worse still, a backward step could cause you to lose your footing and send you and others around you down a slippery slope.

Don't be afraid to stand up for what you believe in, otherwise who you are will become so diluted you will lose the essence of your identity and undoubtedly you will get shot from both sides!

Here is some food for thought: The reason why Humpty Dumpty had a great fall was because he sat on the fence.

Sometimes if you want to lead the orchestra, you have to turn your back on the crowd.

YOUR **COMPROMISE** CHALLENGE

List six things that you won't ever compromise on. I will help you get started.

FOR ME:

I will never compromise on my faith.

I will never compromise on my fidelity to my wife.

I will never compromise on my commitment to never take drugs or misuse alcohol.

I will never compromise on the discipline to remain fit and strong.

I will never compromise on my dedication to providing for my family.

I will never compromise on my core values of integrity, honesty and hope.

NOW SEE HOW YOU GO:

I WILL NEVER COMPROMISE ON _____

Keep going in your dream journal if you need more room.

Knowing the things you will never compromise on lays a strong foundation for a future of sound and favourable decisions.

9

CONQUERORS

"He who rules his spirit is mightier than he who takes a city."

THE BIBLE PROVERBS 16:32

I have just finished reading *The Giant Book of Military Leaders* which details the 100 most influential leaders of all time.⁶ In it, Alexander the Great is mentioned as the first person to attempt to conquer the known world. In less than five years he had formed the largest empire in the world. It is said that in his mid-twenties he would cry in his palace because there were no more lands to conquer.

Then there was Julius Caesar, Rome's military and political leader who played a critical role in transforming Rome from a Republic to an Empire. Caesar had an incredible capacity to motivate his troops. His famous motto "I came, I saw, I conquered" is still uttered today.

Joan of Arc unified the French through great leadership. She was a young peasant girl who heard the voice of God telling her to drive the English from her homeland. She knew what it was to conquer.

They were all conquerors of nations – bold, rambunctious and immensely successful. Today we are less likely to have to conquer a nation but we do face fierce battles. The quote, "He who rules his spirit is mightier than he who takes a city", implies that the greatest battle we must face is with our own spirit – our emotions. Many people find themselves on a daily emotional roller-coaster. Anger, jealousy, frustration, failure to forgive and other difficult emotions creep into our world. I believe that those who can rule these areas in their life are stronger than those who conquer cities. Ruling ourselves must always come first. If your goals appear too lofty and you feel you could never reach them, become the person who can. Begin by conquering your spirit.

If we put the same amount of effort into conquering ourselves as the greats did into conquering others, imagine what we could be!

YOUR **CONQUERORS** CHALLENGE

Q1. WHAT MAKES YOU ANGRY?

Q2. WHAT MAKES YOU JEALOUS?

Q3. WHAT GETS YOU FRUSTRATED?

Q4. IS THERE SOMEONE YOU NEED TO FORGIVE?

Q5. ARE THERE ANY OTHER DIFFICULT EMOTIONS YOU STRUGGLE WITH?

Once you have identified what triggers these difficult emotions in you then you can deal with them. Answering these questions may highlight certain people or events that affect you emotionally. You may need to confront a certain person about a specific behaviour they display or something they said or did that you need to forgive them for. It may be a warped view of yourself that brings frustration.

CAN YOU OVERCOME THESE NEGATIVE EMOTIONS? THE ANSWER IS YES!

You are more than a conqueror. You are a self-conqueror.

REFLECT ON YOUR ANSWERS TO THE QUESTIONS ABOVE AND CONSIDER WAYS YOU CAN OVERCOME YOUR ANGER, JEALOUSY, FRUSTRATION AND LACK OF FORGIVENESS.

1. _____

2. _____

3. _____

4. _____

5. _____

Now with a thick marker pen write across the top of them CONQUERED! Then go through each day living out your decision to conquer these emotions and not revisit them. Just remember that what you have conquered and overcome is in the past. Don't let it sneak back into your present or future. Also know that as life goes on we have to repeatedly conquer new challenges as they arise.

REPEAT THIS PROCESS WHENEVER NECESSARY!

10

CONSCIOUSNESS

"No problem can be solved from the same level of consciousness that created it."

ALBERT EINSTEIN 1879–1955
GERMAN-BORN THEORETICAL PHYSICIST

Imagine this scenario.

You are standing behind your own chair looking over your shoulder, observing yourself reading this book. Can you visualise all the things around you? Monitor yourself from a bird's eye view. Become aware of your personal thoughts and internal sensations as you imagine this setting. Can you visualise it?

Of course you can! Why? Because you are conscious. You are aware. You have personal awareness of external events, internal sensations and unique reactions, all of which are constantly moving and changing. William James called this a "stream of consciousness"⁷ because it never stands still – it is a continual flow. We are conscious even when we are asleep. New parents can sleep through thunder, but at the faint cry of their child they wake. Those parents' selective hearing means they had made a decision to remain aware even though they were sleeping.

Having a conscious understanding allows us to ponder the different consequences of our actions in order to avoid negative situations. Some say that even while sleeping we can come up with solutions to life's problems, just like Albert Einstein said, "No problem can be solved from the same level of consciousness that created it."

YOUR **CONSCIOUSNESS** CHALLENGE

Become more aware of the things you say both consciously and subconsciously. Your conscious mind is logical and does your reasoning for you. It takes care of intellect and is responsible for your self-talk. It is deliberate.

Your subconscious mind is intuitive. It does your perceiving and feeling. It is automatic.

One is what you think, the other is what you feel.

See if the two line up with your image of yourself. Record your findings in your journal. If you find that you have negative thoughts or feelings about yourself then I want you to replace them with positive thoughts.

For example: If you are saying to yourself I am pathetic. I could never do anything great, replace that with

I AM MORE THAN CAPABLE AND I WILL ALWAYS LEARN FROM MY MISTAKES. I AM MORE TALENTED AND HAVE MORE EXPERIENCE THAN I DID YESTERDAY. I WILL ACHIEVE GREAT THINGS IN MY LIFE!

MY SUBCONSCIOUS AND CONSCIOUS THOUGHTS ARE:

REPLACE ANY NEGATIVE THOUGHTS LISTED ABOVE WITH A NEW EMPOWERING BELIEF.



CREATIVITY

"The great composer does not set to work because he is inspired, but becomes inspired because he is working."

ERNEST NEWMAN 1868-1959
ENGLISH MUSIC CRITIC

The ability to think creatively is one of the most remarkable traits humans possess. In fact, each of us has the power for independent, innovative thought. Each of us can create coherent complex sentences highlighting the fact that our minds are deeply imaginative. Each of us has our own unique brand of creativity; from being able to write a melody to creating complex legal policy. Why is creativity so important? Primarily, it allows us to solve problems and make important decisions. It helps us write original essays or lyrics, it enables us to draw, paint or dance. It aids us in finding creative solutions for winning in sport. Creativity is vital in every avenue of life.

When we are young creativity comes naturally. A stick becomes a light sabre, and a cardboard box and sheet becomes a castle. But somewhere along the line we become more rigid in our thinking. Sudden bursts of creative brilliance are few and far between. But as Newman says, **INSPIRATION COMES WHEN WE KEEP ON WORKING!**

Take this challenge to build your creative muscles!

YOUR **CREATIVITY** CHALLENGE

HERE ARE A COUPLE OF EXERCISES TO GET THE CREATIVE JUICES FLOWING:

1. CREATE A LIST OF AS MANY USES AS YOU CAN FOR A NEWSPAPER?
2. NAME AS MANY THINGS AS YOU CAN THAT ARE BLUE?



BE
CREATIVE!

I conducted this exercise in a seminar and the record so far is 311 things that are blue, and 96 uses for a newspaper.

CAN YOU BEAT IT?

12

DECISIONS

"Standing in the middle of the road is very dangerous; you get knocked down by the traffic from both sides."

MARGARET THATCHER 1979–1990
BRITISH CONSERVATIVE PARTY POLITICIAN AND PRIME MINISTER,
EUROPE'S FIRST FEMALE PRIME MINISTER

The word "decision" is derived from the Latin word *decidere* meaning "to cut off". In today's society many people don't like to make decisions as it means "cutting off" a potentially favourable outcome. They prefer to keep all their options open. The trouble with this is there are limited windows of opportunity. Hesitation often results in a lost chance that may never present itself again.

In life you will have to make some big decisions that will reduce your options. For example: what subjects you will study, what tertiary course you will enrol in, who you will marry, which friends you will share your time with or whether you'll experiment with risk-taking behaviours.

If you choose not to decide, then you have already made a decision. You have decided to allow your environment to make the decision for you! Instead, strengthen your decision-making muscle and TAKE CONTROL. Make decisions that lead you closer to where you want to be!

YOUR **DECISIONS** CHALLENGE

What decision have you been putting off that you could action right now? Maybe it's calling a friend to apologise, applying for that job, joining the gym, helping out at home, setting goals or volunteering for a community organisation. Maybe it's stopping a bad habit or no longer beating yourself up over a past failure.

I NEED TO DECIDE TO

I NEED TO DECIDE TO

I NEED TO DECIDE TO

The decisions you make today will determine who you are tomorrow!
Whatever it is, decide to take action... **DO IT!... DO IT NOW!**

13

DELAYED GRATIFICATION

"Discipline is the decision to do today what most people won't, so I can have tomorrow what most people won't."

UNKNOWN

I want it NOW! Instant coffee, fast-food, high-speed connection, express checkout, speed dating, quick fix ... Want something – buy it ... don't have cash – charge it. Buy now – pay nothing for 24 months. Don't deny yourself anything ... if it feels good, do it!

Do you want to know one of the reasons why "twenty-somethings" are staying at home longer and can't save a deposit for a house? INSTANT GRATIFICATION. Many people in their 20s are in debt because of credit cards and mobile phone bills. They can't save and are now locked into a cycle of debt. Have you ever got to the point where purchasing that latest pair of jeans, sunglasses or an iPod became more important than anything else and you had to have it now? Welcome to the culture of Instant Gratification.

YOUR **DELAYED GRATIFICATION** CHALLENGE

Delay your gratification and build for a good future. Sacrificing now can lead to massive payoffs later. You can either **PLAY NOW** and **PAY LATER** or **PAY NOW** and **PLAY LATER**. At some point in your life you are going to have to defer consumption for long-term success.

So **SAVE NOW**, **BE HEALTHY NOW**, **TRAIN NOW**, **PRACTISE NOW**, and **STUDY NOW** so you can reap the rewards later in life.



PAY NOW
PLAY LATER

HOW MUCH YOU WILL SAVE PER WEEK _____

HOW MANY TIMES YOU WILL EXERCISE EACH WEEK _____

HOW MUCH YOU WILL SPEND EACH WEEK _____

HOW MUCH PRACTICE YOU WILL DO EACH WEEK _____

HOW MUCH STUDY YOU WILL DO EVERY DAY _____

WRITE UP A SCHEDULE FOR A WEEK AND STRICTLY ADHERE TO IT.

The benefits will far outweigh the short-term indulgence of deferring your responsibilities.

14

DISCIPLINE

"A journey of a thousand miles must begin with a single step."

CHINESE PROVERB

Discipline is not a word we like to hear but we all need more of it! Whether at school, on the track, in the pool, or on the piano, discipline is vital to help us be the best we can be. Discipline comes down to practice and perseverance. It is the ability to do routine things in a non-routine way.

But as the proverb says, it all begins with a single step. Sitting down at your desk, opening a book, picking up a pen and completing a small task is just the beginning. Getting off the sofa, putting on your gym gear, walking out the door – the steps continue. Don't be overwhelmed by your goal or dream that might seem so big and far away. Take it one step at a time.

Use this affirmation to get you into gear. **"I CAN DO IT. YES I CAN. DO IT NOW!"**

Repeat as required.

15

DISADVANTAGE

"Life is unfair. Sometimes to our advantage. Sometimes to our disadvantage⁸."

JIM COLLINS

TEACHER, AUTHOR AND BUSINESS CONSULTANT

Life is unfair. Bad stuff happens to good people. Life is a roller-coaster. No one is going to escape this life unscathed.

Since that is a fact, rather than wasting time and energy feeling sorry for ourselves or navel-gazing with no hope for the future, why not spend time turning your weakness into strength. Helen Keller lost her hearing and sight as a result of an illness in infancy. Many people would have called this a great disadvantage, however, Helen was resilient and used her setback as an opportunity to come back! Unable to see the letters or hear the sounds, imagine how complicated it would have been for Helen to do something as simple as learn the alphabet! Helen learned the word "water" by feeling the water run over her hand while someone wrote the word on her palm, utilising one of the only senses she had left – touch. She learned to say "water" by touching the lips of others to feel the shape of their lips and the vibration of their speech. With the help of her Nanny she began the long and laborious task of working hard to overcome her challenges and went on to become one of the great communicators and writers of her time. Helen declared that "literature was my utopia". When considering the magnitude of Keller's triumph in the face of real adversity, anyone with sight and hearing should now feel silly for ever complaining about hard work. You can do it! Just stick at it!

Helen Keller said: "All the world is full of suffering, but it is also full of overcoming."

YOUR **DISADVANTAGE** CHALLENGE

Stop looking for excuses for why you **CAN'T** and start looking for a reason why you **CAN!**

Turn those disadvantages into advantages and watch the world stand in awe of you. Be an overcomer! In the next seven days choose a task you would usually try to avoid or complete in a sloppy manner. Make a concerted effort to **OVERCOME** the laziness, tiredness, apathy and indifference holding you back and put out an effort that is close to, if not **YOUR BEST!**

YOU WILL BE AMAZED AT HOW GOOD IT FEELS!

You can overcome!

Don't let anything hold you back!

16

DRUGS

"Drugs are a waste of time. They destroy your memory, your self-respect and everything that goes along with your self-esteem."

KURT COBAIN 1967 - 1994
DIED AGED 27, SUICIDE, MUSICIAN, LEAD SINGER OF NIRVANA

As a teenager I never felt tempted to experiment with drugs or alcohol, even though I loved to party! These things did not have the same allure for me as they did for my friends. I considered my body a temple and the vehicle that would facilitate my dream of being a sprint champion. So, when I was quite young I made a choice to be very careful with what fuel I put into my body. I had enough difficulty dealing with my own reality of school work, relationship dramas, physical illness and divorcing parents. I did not want to add to my load. Creating another pseudo-reality with drugs would have confused me even more! Pictures in the news have only served to highlight our exposure to this. We have seen how one high-profile supermodel was photographed snorting cocaine. While her external world seemed full of fame, money, beauty and celebrity status, there was obviously an internal void she aimed to fill with drugs. *Drugs ruin lives.* For Schapelle Corby, and the Bali Nine, whether guilty or innocent, this statement is painfully true. And the lives ruined are not only their own, but also those of their families and close friends.

Australia is known as "The Lucky Country". We know prosperity, safety and peace, yet despite this obvious advantage, so many Australians still make the devastating and stupid decision to meddle with drugs. I have seen friends and family struggle with drugs and lose their lives to this insidious addiction. I know there is no upside to drugs. The risks are too great and as for the happy endings ... I am yet to hear one.

YOUR **DRUGS** CHALLENGE

There are two main reasons why young people take drugs or engage in addictive behaviours.

1. THEY DECIDE TO.
2. THEY CAN'T DECIDE NOT TO.

Be a person that **CAN DECIDE NOT TO** by making your decision early, before you are in an environment that can influence you negatively. Staying away from drugs and alcohol has been one of the best decisions I have ever made. I encourage you to do the same.

WILL YOU TAKE DRUGS?

Record your decision here.

- Yes
- No

WHY HAVE YOU MADE THIS DECISION?

IF YOUR ANSWER IS 'NO' CONTINUE. WHAT SITUATIONS MIGHT YOU FIND YOURSELF IN WHERE YOU WILL ACT ON YOUR DECISION?

WHAT IS YOUR STRATEGY FOR STICKING TO YOUR DECISION?

17

ENCOURAGEMENT

"Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you."

WILLIAM ARTHUR WARD 1921-1994
ESSAYIST AND AUTHOR

Encouragement is one of the most powerful resources we have available to us yet it is frequently underutilised. With it, we make ourselves UNFORGETTABLE. With it, we can transform a person's day. Encouragement is a priceless gift that costs us nothing. Allow me to dispel some commonly held perceptions that stop us from encouraging one another.

1. IF YOU CONSTANTLY ENCOURAGE SOMEONE IT WILL GIVE THEM A "BIG HEAD".

Sadly there are enough people out there who are more than willing to bring others down. We need not fear that arrogance follows encouragement. I believe from personal experience that it takes at least ten encouraging remarks to counteract one negative comment.

2. PEOPLE WILL THINK YOU'RE INSINCERE.

Not likely! Try and tire someone out by making positive observations about their gifts and talents. Everyone likes to hear positive comments about something they have done. What's more, they need it. So don't save your praise for your salad, lavish it on the people in your world and, most importantly, mean what you say.

YOUR **ENCOURAGEMENT** CHALLENGE

Be an encourager. Make it a habit and do it every day! March right up to the closest person to you right now, whether it is your dad, mum, brother, sister, work colleague, friend or teacher and tell them something you find awesome about them. Be specific. Try it. I know for some of you it will be difficult. But make a decision right now that you want to be **UNFORGETTABLE**.

RECORD WHAT YOU JUST DID:

**REPEAT DAILY SPREADING ENCOURAGEMENT
THROUGHOUT YOUR WORLD.**

18

ENTHUSIASM

"Enthusiasm is contagious. Be a carrier."

SUSAN RABIN

AUTHOR, THERAPIST AND LECTURER.

Enthusiasm comes from the Greek word *éntheos*, which means "having God within". People with this capacity have an energy and zest for life no matter what it brings. They are warm, emotionally buoyant and fun loving. I recently met an African woman in North Queensland who loved giving hugs. Her enthusiasm affected everyone around her. People were caught up in the whirlwind she created and her passion for life became infectious. I believe this had a lot to do with her capacity not to be intimidated by what others think. She said:

"I have been through too much to care what other people think of me. Every day above ground is a good day."

Don't be afraid to show others that you're excited about something. Throw yourself into everything you do. Hold nothing back. Sing your heart out. Live like there is no tomorrow!

YOUR **ENTHUSIASM** CHALLENGE

Be enthusiastic! If you live to 82 you will have approximately 30,000 days on this planet. However many you get make every one of them count. LOVE LIFE! Cherish those around you and make sure you get your recommended daily dose of hugs every day. I think we all need several hugs a day – all of us!

Hug a parent or friend today!

WRITE DOWN FIVE THINGS
YOU ARE **ENTHUSIASTIC**
ABOUT RIGHT NOW.

1. _____
2. _____
3. _____
4. _____
5. _____

**SEEING IS BELIEVING.
BELIEVING IS DOING.**

19

EXCUSES

"There aren't nearly enough crutches in the world for all the lame excuses."

MARCUS STROUP

Mum stands over you, glaring at the fluorescent scribbles on the bedroom wall. Instead of admiring your colourful creation she is denouncing it as vandalism. Her face is red and she is shouting. She comes closer, pointing at you, and says, "Did you do this?!"

Afraid for your life (or afraid of losing your television privileges) you hurriedly shake your head and point to your innocent little brother.

"No, Mum. It was Oscar!"

Have you ever not taken responsibility for your actions? Have you tried to find an excuse so you could save face and avoid embarrassment?

If we are honest with ourselves we must admit we have all done this at some time.

Today let's make a decision to stand up and accept responsibility for our actions. We won't try to justify, deny or blame others for our mistakes and/or lack of effort. Let's make an honest assessment of our own weaknesses and failings. It takes strength to admit fault, but the best thing about it is, it builds character. It means you are trustworthy and honourable and equips you to face new challenges tomorrow.

"Difficulty is the excuse history never accepts," said Ed Murrow. Sometimes doing your best is not good enough. I know this sounds harsh, but sometimes you have to do more than your best. You need to do what is required. **There is more in you that what you think you've got.** How many times have you said, "I did my best", but have known you were lying. We simply don't know our true potential unless we push ourselves beyond our limitations. **"No excuses"** is a powerful mantra to live by if you have the courage to embrace it.

I believe you do!

YOUR EXCUSES CHALLENGE

Write a list below of your top five excuses, justifications or denials that you might, or have, used to explain why you can't achieve your present goals. Then write a big CANCELLED across it like you would cancel a cheque. Make a copy and post it somewhere to remind you of the excuses you have now removed from your life. Add to the list as you come across more excuses.

1. _____
2. _____
3. _____
4. _____
5. _____

20

EXERCISE

"Exercise is done against one's wishes and maintained only because the alternative is worse."

GEORGE SHEEHAN 1918-1993
AMERICAN PHYSICIAN, AUTHOR AND RUNNING ENTHUSIAST

For some people exercise is a dirty word! Why? Perhaps because it takes discipline and commitment. The Australian Institute of Health found that 43% of our population is physically inactive.⁹ Is it any wonder that obesity is the new plague sweeping the developed world? In Lazyboy's hit song "Underwear Goes Inside the Pants" he talks, in a tongue-in-cheek way, about how in the future we will tell our grandchildren about the great obesity epidemic, as if it was like polio. "Oh, it was horrible Johnny, there was cheesecake and pork chops everywhere."¹⁰

That is NOT the way we want this generation to be remembered. We are given one body to see us through this life. One vehicle to carry our hopes, dreams and ambitions. No one else is going to look after it but you. It stands to reason that to do your very best you must be at your very best. That means keeping fit and healthy and ensuring your body is operating at optimum levels. Don't be afraid of exercise. It will help you function in all areas of your life!

Exercise offers tension release, stress relief, weight loss, muscle gain, strength, endurance, power, increased metabolism, energy, strong bones, improved endurance and stamina, reduced risk of injury, dramatic reduction in risk of adult-onset diabetes and heart disease.

Be the best you can be! Get your body moving.

YOUR **EXERCISE** CHALLENGE

Create an exercise regime you enjoy! Exercise should be fun and doesn't have to be the same as everyone else. Typically, you should exercise three or four times a week for at least 30 minutes. Here are some ideas: walking, running, going to the gym, swimming, playing tennis, riding a bike, walking the dog, rollerblading, throwing a frisbee, joining a sporting team etc. Ask a friend to join you. It is the best way to stay accountable!

COMPLETE THIS WEEKLY TIMETABLE WITH THE EXERCISE YOU DID LAST WEEK. INCLUDE ACTIVITY AND DURATION DETAILS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

DID YOU COMPLETE THE RECOMMENDED 3-4 X 30 MIN OF EXERCISE?

Yes No

Now complete this weekly timetable with your desired exercise schedule. This will provide the basis for what you can aim for next week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

What are three new sports or activities you would like to try in the next year? The more you try, the greater your chance of finding a way of exercising that you enjoy.

1. _____

2. _____

3. _____

Perhaps use these things to increase your regular physical activity. Add them into your new regime

21

FAILURE

"Do you want to play it safe and be good, or do you want to take a chance and be great?"

JIMMY JOHNSON b.1943
AMERICAN FOOTBALL COACH AND BROADCASTER

RAISE YOUR HAND IF YOU ARE A PERFECTIONIST?

Great! Tell me what you are perfect at ... Nothing? Then obviously you are human. None of us are perfect. We are all going to "fall short" at some time. The fact that every human being sometimes fails should give you the confidence to ...**PICK YOURSELF BACK UP, DUST YOURSELF OFF AND TRY AGAIN!**

Fear of failure is an illusion created by negative self-talk; the little voice in our head that magnifies the negative, ignores the positive and criticises every thing we do and say. Tell that voice to back off!

YOU ARE AN ENORMOUSLY CAPABLE PERSON!

I hear story after story of young people who failed but continued to pick themselves up and try again and then ... success! It's not how many times you get knocked down that counts, it's how many times you get up again that's important. Be the best YOU can. If you think your best is not good enough then do what is required and you could surprise yourself with what you actually achieve.

CEMENT THESE WORDS INTO YOUR SELF-TALK:

PICK YOURSELF BACK UP, DUST YOURSELF OFF AND TRY AGAIN!

So when failure or misfortune come your way your automatic response is;

PICK YOURSELF BACK UP, DUST YOURSELF OFF AND TRY AGAIN!

One more time...

PICK YOURSELF BACK UP, DUST YOURSELF OFF AND TRY AGAIN!

YOUR **FAILURE** CHALLENGE

Write down three things you wanted to do but gave up on because you hit an obstacle that seemed insurmountable. Remember you are stronger, wiser and more experienced now than you were back then. Give those things another shot. If you still fail, try again and again and again and again and again. Persist! Perhaps a small change in your strategy or attitude will make the difference.

1. **I QUIT ON**

I AM GOING TO TRY THIS AGAIN. THE STRATEGY OR ATTITUDE CHANGES

I WILL MAKE TO IMPROVE MY CHANCE OF SUCCESS WILL BE:

2. **I QUIT ON**

I AM GOING TO TRY THIS AGAIN. THE STRATEGY OR ATTITUDE CHANGES

I WILL MAKE TO IMPROVE MY CHANCE OF SUCCESS WILL BE:

3. **I QUIT ON**

I AM GOING TO TRY THIS AGAIN. THE STRATEGY OR ATTITUDE CHANGES

I WILL MAKE TO IMPROVE MY CHANCE OF SUCCESS WILL BE:
