

## PeakPerformer News

Welcome to the December 2005 newsletter of Health Pursuit! We hope you find our tips, information and articles useful throughout the year and that we can help you in creating a life filled with an abundance of **Vitality, Performance and Lifestyle!**

### Quotes



#### *The Priceless Gift of Christmas*

*Christmas is a heavenly gift, that only God can give  
It's ours just for the asking, for as long as we shall live  
And this priceless gift of Christmas is within the reach of all  
The rich, the poor, the young and old; the greatest and the small  
So take this priceless gift of love; reach out and you'll receive  
And the only payment that God asks; is just that you believe*

- A Poem by Melva James



### Six Pathways to Enjoying Christmas

Here we are on the doorstep of another Christmas. The ornaments of festivity and celebrations adorn our homes, offices and the community giving a vibrant display of colour.

So what does Christmas symbolise to you? Is it a time of joy and celebration? Or, is it a time when you find it hard to be merry?

Sometimes we can get caught up in the commercialisation of Christmas. The growing expectations of gifts, meeting up with people, time pressures and obligations can be a strain.

Yet amongst it all, is an important universal message of awakening **love, connection, sharing** and **renewal**. Seeing the excited anticipation of children in the lead-up to Christmas, and their excitement first thing in the morning as they open gifts – it can bring back happy childhood memories for us. This Christmas, what message do **you** want to convey with your gifts of time, energy and money?

Here are six pathways for consciously enjoying your Christmas celebrations and renewing your spiritual energies:

#### 1. Set your intention for Christmas

Decide how you will experience and share joy and touch the lives of others this Christmas. As you ignite a greater sense of purpose for the festivities you will have a sense of motivation, perseverance and direction.

#### 2. Connect with the community

A sense of community comes from sharing the journey during the hard times and high times. It's about sharing the excitement of festivities, learning new things together and finding space to be vulnerable with each other. It can provide a rich source of meaning and deep satisfaction.

Enjoy the shared experience of preparing for Christmas with the community – here are some ways for enhancing a sense of community:

- ✓ Connect with people you meet eg shopping, work & events
- ✓ Decorate your home inside and out
- ✓ Assist at charitable events – soup kitchen, distributing gifts and food
- ✓ Attend a Christmas church service
- ✓ Attend a community event such as carols

### 3. Connect with family and friends

A sense of family comes from accepting each other as the colourful beings we are, irrespective of whether the connection is genetic or friendship. 'Family' is about being in life together – sharing the journey of developing awareness of ourselves and others needs, growing in commitment and seeing opportunities to care for them. As you express the essence of who you are, you help others to express themselves.

Decide how you will experience a sense of Christmas spirit with family – however you define family!

Enjoy the sharing of a meal and friendship – invite a friend to join you or accept an invitation to join someone else, or you can attend a church or community group that puts on a special Christmas lunch.

### 4. Enjoy creating history & tradition

A sense of tradition gives us a way of marking significant events, and can give an outward structure to our core values, giving our day a meaning worth handing on. These traditions can symbolise for somethings deeper – for example, a tradition of giving to charity at Christmas reflects the value of remembering the less fortunate in the community

We can easily pass these traditions – and the values they reflect – on to another generation.

As we busily prepare for Christmas Day and finalising business and personal matters for the year, let's remember the **spirit** of Christmas. Living with intention encourages us to use the power of words, thoughts and actions to nourish and share the Christmas experience as a time of joy, renewal and friendships.

## Sowing the seeds of tomorrow...

Where you are today is a **direct** result of the seeds you sowed yesterday. Choose to actively sow the seeds **today** for what you want to **R.E.A.P. tomorrow**.

Sow the seeds of your Spiritual Wellbeing and create the life you desire by using the **R.E.A.P.** Formula For Planning. Your **FREE** copy of the **R.E.A.P.** Formula For Planning, can be obtained by contacting [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au) with the word "REAP" in the subject line.

Have a look at the traditions which make up Christmas for you, and see which symbolise the values of Christmas for you. Then continue with traditions you enjoy, and create new traditions!

### 5: Generate Goodwill and Peace

Christmas is a time for experiencing a sense of goodwill and peace. Our ability to connect and to share is reduced when we protect ourselves from old hurts. Nurturing old hurts is also toxic to the body, mind and spirit.

If you feel that there is anything which holds you back from having a joyful Christmas then it's time to:

- Identify who you need to forgive
- Let the old hurts go
- Create a new experience
- Share your new experience

These steps will create a sense of freedom and release for you as well as others, as you will no longer be held captive by it

### 6. Encourage Renewal

A sense of renewal comes from feeling inspired by and reconnected to our sense of purpose and our deepest values.

## Sowing Peak Performance...

**-SPECIAL CHRISTMAS OFFER -  
Hurry, don't miss out!**

Receive a 20% discount **PLUS** a **bonus 1 hour massage\* gift certificate**, valued at **\$70**, when you book your two hour **peakperformer audit™** by **23 December 2005** (standard Investment Price \$299). Secure your booking now and save by contacting **9530 4458** or email [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au).

\*Qualified Massage Therapist, AAMT registered

**Health Pursuit** helps business people and individuals to thrive, not just survive. It's about assisting people to *strategically manage their lives* so they can generate optimum power and performance. This enables them to reap the rewards of expanding their potential and living a fulfilling life, as they journey towards their goals, dreams and aspirations.

The **peakperformer audit™** is a two-hour process for people who are serious about planting the seeds of success. It will enable you to essentially work out where you are right now in eight key areas of your life, where you want to be and how you can fast track this. For more details regarding the peakperformer audit, contact [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au).

### EIGHT KEY LIFE AREAS:

- **Business/Career**
- **Finances**
- **Relationships**
- **Physiology**
- **Spiritual**
- **Rejuvenation**
- **Personal Development**
- **Contribution**



**Wishing You And Your Family  
A Very Merry Christmas &  
A Happy New Year!**

**May it be filled with lots of fun, friendship,  
health, happiness and prosperity**

### For More Information

For more details on any of these articles or further information please contact us at [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au) or telephone on **+61 (03) 9530 4458**.

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