

Newsletter

Number 2, 2005

Welcome to the February 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 way to love anything is to realize that it might be lost." - *GK Chesterton*

"Love doesn't make the world go round. Love is what makes the ride worthwhile."
- *Franklin P. Jones*

"You can give without loving, but you cannot love without giving." - *Amy Carmichael*

"Only in a continuing relationship is there a possibility for love to become deeper and fuller, so that it envelopes all of our life and extends into the community." - *Herbert Otto*

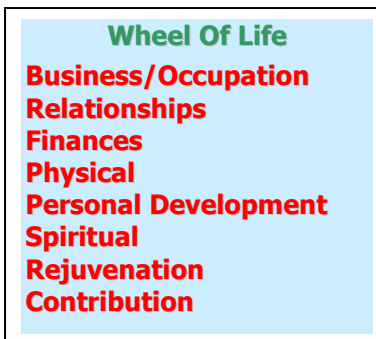
Relationship Health

We were all created with an inbuilt human need for love and connection. Therefore, for us to thrive we need to develop and maintain quality relationships. How and with whom we choose to meet these needs, are an important part of expressing who we are.

It is important that we take responsibility for taking action in ways which encourage love and connection. Through our various relationship roles we are sons/daughters, mothers/fathers, sisters/brothers, husbands/wives uncles/aunts, friends, and much more. By valuing these roles and delivering them with enthusiasm, we increase the ability to create emotional wellbeing and receive the gift of connecting at the deepest level. Our lifestyle choices effect the quality of existing and potential relationships.

Investing in good nutrition, hydration, exercise, sleep, relaxation and fun activities increases your ability to meet and enjoy your

relationships. What you put into your body impacts your energy, enthusiasm, ability, quality and satisfaction of performing key roles. Health and wellbeing effects your ability to perform mentally, physically and spiritually in your relationships.



Investing in the process of clarifying, planning and implementing will increase your ability to meet and deliver in relationships. Each relationship role involves giving and receiving. Get clear about the different responsibilities, activities, expectations and time frames associated with each

and your reasons for doing them. Create an action plan to attract and sustain quality relationships and the results you desire.

For you to create the quality life you desire, you must invest adequate time, energy, money and resources into practices which support vitality, performance and lifestyle.

Relationship Development 2005

Use the REAP formula for assessing your relationship performance, identifying needs and establishing how you want to move forward in 2005.

REFLECTION.

1. *Recognise.* List the key personal relationships in your life .
2. *Gratitude.* Write down at least 10 things that you are thankful for in each of your key relationships.

3. *Growth.* Remember special moments, celebrations, achievements and challenges. Consider key thoughts, feelings and actions which have arisen. How you have grown as a result of your relationships with them.

EVALUATION.

1. *Score.* Evaluate yourself on your performance in each key relationship by giving yourself a score from 1-10 (Excellent = 10). Then, put yourself in their shoes and write the score you believe they would give you – be honest.
2. *Review.* What are the key areas for improvement?

ACTION.

1. *Brainstorm.* Spend 5 minutes jotting down as many ideas as you can for ways you could potentially improve your performance and results
2. *Goals.* Select the best 3 performance. Include the dates of when you will complete the identified activities.
3. *Strategies.* Identify the people, tools and resources required, plan the key action steps.

PROGRESS

1. *Start.* Get moving on the action steps!
2. *Monitor.* Review your progress regularly and make any necessary adjustments.

Sow the seeds **today** for what you want to **R.E.A.P tomorrow**.

Making Your Goals Happen in 2005!!

Don't settle for mediocrity. Become the dynamic individual you were created to be and enjoy a fulfilling life, with maximum vitality, performance and lifestyle by making it happen today!

With your success in mind, Health Pursuit provides consulting and coaching services to assist you to implement your goals, dreams and aspirations by:

1. Creating specific goals and outcomes which inspire you
2. Building the vital planning tools, strategies and frameworks to get you started
3. Coaching you through the challenges to you make sure your goals happen

GETTING STARTED

Planning Intensive Package

Create the framework for results in 2005 with our one on one personal planning intensive session. Our 4 hour workshop will leave you with a very clear picture of your goals **AND** a specific action plan for achieving your goals. **PLUS** ... a one-hour coaching session to get your goals started.

Health Assessment Package

Assess your current physical health status. This 1-hour consultation includes a diagnostic screening which measures active muscle, body fat, hydration, toxicity and overall health indicator, AND setting clear health goals for you. **PLUS** ... a one-hour coaching session to get you started.

Vitality, Performance & Lifestyle Evaluation Package

Evaluate your current situation during our 1.5-hour consultation. Includes an evaluation of your vitality, performance & lifestyle. **PLUS** ... a one-hour coaching session to get your goals started.

For More Information

For more details on any of these articles or please contact us at info@healthpursuit.com.au or telephone us on +61 (03)9530 4458.

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