



Lisa McDonald, *Editor*

PeakPerformer News

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

Success means singing the gifts God has given you to the best of your ability. I became successful through hard work, dedication and believing in my natural ability. I want to tell others to make the best of what they have, be they physical or mental attributes, and not give up when it gets hard or seems impossible.
– *Betty Cuthbert, Former Olympic Champion Sprinter*

At any moment I could be a better person – but which moment should I choose?
– *Bhagwan Shree Rajneesh, The Sound of One Hand Clapping*

9 Ways to Perform with Passion In 2006

Welcome to 2006!

Review The Results- 2005. As you reflect on 2005, you can see a year filled with all sorts of challenges and achievements. What were the key memories which spring into your mind for 2005?

- What do you see: Pictures, people, places, situations...?
- What do you hear: sounds, words, conversations...?
- What do you feel: emotions, sensations...?
- What did you learn: knowledge, skills, distinctions...?

Do you want more, less or the same results in 2006? Ask yourself what results from 2005 you want to add, delete or modify.

Library of meaning. How we decide what our experiences mean and whether our experiences are "good" or "bad" is based on our own personal library of meanings, frameworks and processes. Our library of meaning is filled with our life's experiences, memories and knowledge which determines what we believe about what is and what is not possible. This sometimes limits our choices and creates barriers to our actions and results.

Does your 2005 reflection reveal any beliefs which are limiting you?

2006. As you now look at the results you want to achieve in 2006, consider the following -

- Where am I now?
- Where do I want to be?

Does your 2006 vision inspire you to live and grow the gift of your uniqueness?

The gift of your uniqueness. You are a unique individual with a range of gifts, passions, abilities, personality and experiences. Take some time to acknowledge how you are and how you touch the lives of those around you. Does your 2006 vision reflect your uniqueness?

Giving your life purpose and meaning. Developing a clear understanding of the essence of who you are, your core values and your core needs provides a firm foundation for living your uniqueness. Then you can find the vehicles for delivering it. Does your 2006 vision reflect your true values?

Living what inspires you. Take time to explore your hopes and dreams of the past, present – including what have you longed to

do. Imagine that there are unlimited possibilities and no restrictions of time, energy, money, resources, people... What would you strive for if there were no limits? The goals, dreams and aspirations you are attracted to are a reflection of your uniqueness. Does your 2006 vision reflect what inspires you?

Eight key life areas. Take time to consider the eight key life areas in your life and where you need to create changes in order to support your key goals, dreams and aspirations.

These are the eight key life areas:

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

Does your 2006 vision incorporate these eight key life areas?

Expand the vision. As you incorporate these aspects into an inspiring vision for 2006, write out your 2006 goals. Ensure that your goals have:

- Clarity: Crystal clear picture
- Specifics: Measurable, dated, written
- Details: key steps, actions & dates

Where are the gaps between where you are now and where you want to be by the end of 2006?

Identify limiting beliefs and behaviours. Your potential results are limited by your previous references. Take time to identify what they are, and resolve.

Does your 2006 vision require you to eliminate or change old beliefs?

Your 2006 can be an outstanding success, reaching your goals and achieving all you set out to achieve. A coach can help you realise your goals – for more information, contact Lisa McDonald, Strategic Life Management Coach, at **+61 (03) 9530 4458** or info@healthpursuit.com.au.

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**.

Sowing Peak Performance...

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 enables you to work out where you are right now in eight key areas of your life, where you want to be and how you can get there. For more details regarding the **peakperformer audit**™ contact info@healthpursuit.com.au.

For More Information

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

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