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Editor

PeakPerformer News

Welcome to the March 2006 newsletter of **Health Pursuit!** We hope you find our tips, information and articles useful throughout the year and that we can inspire you in creating a life filled with an abundance of **Vitality, Performance and Lifestyle!**

Quotes

"I was frequently afraid in moments of danger, but I learned that fear could be a stimulating factor – it spurred me on to extend my abilities beyond what I even thought was possible."
– Sir Edmund Hillary, first person to successfully climb Mt Everest

"Resisting the small insidious compromise is the maker of champions, and giving in is the destroyer of those that might have been." Herb Elliot, Olympic Gold Medalist

"Dedication, hard work, the ability to overcome adversity, determination, focus, the ability to absorb pain and keep going, optimism and self-confidence are qualities demonstrated by all champions"
– Jim Ferguson, Executive Director of Australian Sports Commission 1990-2000

7 Ways To Create Powerful Performance

Putting Your Ideas Into Action!

After several years of intense planning and preparation by organisers and athletes, the Commonwealth Games are almost upon us!

Throughout the competition we will share the culmination of their efforts - the triumphs, challenges and tears of our elite athletes as they showcase their sporting skills and redefine for us what we believe is possible.

Peak performance is built on the power of possibility – the same power that harnesses and drives your vision into **action**.

How can you create more powerful performance?

Inspiration. The power to live your personally inspired goals, dreams and aspirations. They are a reflection and expression of your individuality and uniqueness. Living what's true for you gives you the magic and energy to fuel your progress. Inspiration symbolises concepts which have powerful meanings for us.

What inspiring vision is bubbling within you?

Intention. The power of *why* - the reason for implementing your vision. It invokes our noblest urges, appealing to our higher intention, unifying and supporting life. The best results are received when intention is inspired by a higher purpose, rather than ego-driven desires. It is the sacrifice of lower priorities to serve a higher purpose, where others can benefit.

What is the intention of putting your vision into action? What impact or results do you want to achieve?

Decision. This is the power of drawing a line in the sand – and moving towards the future. It is the power of choosing a goal you will work towards, and achieve a certain outcome. Decide what that key outcome you desire is, and how you will know when it has been completed; what is the last step in the process.

What decision will you make to power your vision?

Commitment. The power of declaration to complete your goal. When you are committed, there is no turning back. You are determined to find a way to go over, below or through any obstacles, distractions or barriers which may appear - failure to achieve the intention is not an option.

Who are three people you will declare your commitment to?

Synergy. The power to harness your energies so that they work *together*. Conflicts within key areas of your life cause a drain on our personal power and effectiveness. It reduces your focus, divides your energies and increases tension and conflict. Therefore, it is important allocate time to strategically adjust and streamline your life mentally, spiritually and physically, in each of the eight key life areas:

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

What are your highest priorities? What changes are needed to strategically your life with your vision?

Momentum. Focus your mind on your goals and priorities, free yourself from distractions, and start making changes. Repetition is the mother of learning. Remember to celebrate your achievements as you progress and learn, as well as reviewing and adjusting when needed.

Where are the gaps between where you are now & where you want to be in 2006?

Integrity. The power of congruency, where values match with intention. There is great leverage where thoughts, feelings and actions are aligned with our values. Take time to identify where there may ambiguities or mismatches in your behaviour. Your results will reflect your core values and beliefs. Decide on actions to address the any incongruencies, then schedule in time to work on and resolve them.

Where do you need to create changes in your life to work in integrity with your vision?

Creating peak performance requires you to maximise the powers of Inspiration, Intention, Decision, Commitment, Synergy, Momentum and Integrity. Increase the power of driving your vision today!

A coach can help you tap into your Power, so that you can achieve your goals and desired outcomes. Your 2006 can be an outstanding success! - 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's PeakPerformer

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**.

Health Pursuit helps business people and individuals to thrive, not just survive. **Health Pursuit** is 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**.

Testimonials

"The **peakperformer audit**™ was *sensational!* It highlighted to me areas of my life that were significantly out of balance, and surprisingly enough they seemed to be all the areas that were of highest importance to me. Also because of the way the session was structured, it showed me that the areas where I placed the most value were areas that I have struggled with for five years! So it was *just what I needed* to inspire me into action. The cost to my wellbeing was too important not to follow Lisa's guidance." - **Lisa Parker, Parker Investment Properties**

"My **peakperformer audit™**, was absolutely mind-blowing. It helped me to learn more about myself and the big picture of my life. Three months later and I have quit my job, started a new business, and increased my monthly income by **600%**. Now I have eliminated my bad debt, I have more energy than I have ever had before; I am happier, more passionate about life and have a crystal vision for the future." - **Cheyne Goulden, Director, marQtec marketing**

"Working with Health Pursuit has changed my life. I can't not visualise my dreams and they all tie together - I truly feel that my dreams are becoming a reality. Their support has meant that I have been able to maintain a clear focus, keep motivated and achieve results. **Juanita T, Elsternwick - Singer & Songwriter**

For More Information

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