

## PeakPerformer News

Welcome to the November 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

*"One's dignity may be assaulted, vandalized and cruelly mocked, but cannot be taken away unless it is surrendered."  
- "Michael J. Fox, Actor*

*"Believe in yourself and there will come a day when others will have no choice but to believe with you."  
- Cynthia Kersey, Author and Speaker*

*"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, and a vision." - Muhammad Ali*

*"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 ever thought was possible." - Sir Edmond Hillary, 1<sup>st</sup> person to climb Mt Everest*

### 3 Steps For Increasing Spiritual Wellbeing

Spiritual energy is the connection to a purpose greater than our self-interest, and is reflected in a passionately held set of values.

When our spirit is ignited we can fully harness our energies, maximise our performance and easily achieve our desired outcomes. An ignited spirit is **the** most powerful source of motivation, perseverance and direction. When we lose touch with our true spirit we compromise the energy systems of our body, mind and emotions, reducing our personal power and effectiveness.

Here are three steps for increasing your spiritual wellbeing:

#### **Step 1: Set A Challenge**

Move past the routine and mundane, and set a challenge for yourself. Utilise your passion, your commitment, as well as your integrity and honesty.

Make sure you balance your commitment to others with looking after your own needs.

#### **Step 2: Create A Vision**

Create a compelling vision of what you want in your life. With passion and a clear sense of direction, you can move forward with focus and clarity. It provides the commitment and perseverance you require for the challenges you've set yourself. Allow your vision to embrace a purpose greater than yourself, and connect with that purpose. Mobilise hope and optimism to impel you to achieve the vision you've created.

**Spiritual renewal** comes from feeling inspired by and reconnected to our sense of purpose and our deepest values. Some activities that may assist in generating renewal include:

- Walking in nature
- Reading an inspirational book
- Listening to music

While spiritual practices can seem demanding, they are deeply renewing and replenishing, eg

- Meditation
- Yoga
- Prayer

Service to others can involve considerable effort but can provide a rich source of meaning and deep satisfaction.

### **Step 3: Live Your Values**

Have the courage and conviction to live by your values, even when it requires personal sacrifice or hardship.

Remember, to have a happily balanced life you need to achieve fulfilment in all areas of your life – for example, it's no good to have a wonderful career if your family life is suffering as a result. I've listed the **eight key life areas** that you need to have operating fully for a successful life.

### **EIGHT KEY LIFE AREAS:**

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

## **Sowing the seeds of tomorrow...**

Where you are today is a 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 live you desire by using the REAP Formula For Planning. Your FREE copy of the REAP Formula For Planning, can be obtained by contacting [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au) with "REAP" in the subjectline.

## **Sowing Peak Performance...**

Health Pursuit helps business people and individuals to thrive rather than just survive. It's all 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 their goals, dreams and aspirations.

The peakperformer audit is a 2 hour process for people who are seriously about planting the seeds of success. It will enable you to essentially work out where you are right now in 8 key areas of your life, where you want to be and it looks at how you can fast track this. For more details regarding the peakperformer audit, contact [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au).

### **SPECIAL OFFER -**

**Hurry, don't miss out! Receive our special price of \$147 when you book your 2 hour peakperformer audit™ by 30 November 2005**, Standard Price \$299. Book now and save by contacting 9530 4458 or by email [info@healthpursuit.com.au](mailto: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](mailto:info@healthpursuit.com.au) or telephone on **+61 (03) 9530 4458**.

### **Subscribe/Unsubscribe**

*If you know someone who may be interested in receiving our FREE monthly Newsletter please forward their details by email with "Please Add" in subject line to [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au)  
If you no longer wish to receive our newsletter please reply by email with "please remove from Newsletter" in the subject line to [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au).*