



PeakPerformer News

Welcome to the November 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*!

Quotable Quotes

"The perfect no-stress environment is the grave. When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable." - **Greg Anderson, Author of "The 22 Non-Negotiable Laws of Wellness"**

"I'm very determined and stubborn. There's a desire in me that makes me want to do more and more, and to do it right. Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit." - **Mary Lou Retton, Olympic Gymnast and Speaker**

"The highest reward for a person's toil is not what they get for it, but what they become by it" - **John Ruskin**

7 steps to a more satisfying career!

Are you:

- *in the wrong job/business?*
- *dragging yourself into work each day?*
- *not getting paid enough?*
- *not being appreciated or recognised?*
- *struggling to be motivated during the day?*
- *performing below your capabilities?*

Ready for a more satisfying career?

We can spend many hours working, so it is vital we are happy and satisfied in our career. Before embarking on a new direction, clarify what you want to achieve. Preparation is essential in ensuring a smooth and successful transition into a more satisfying career.

1. Motivation. It is vital to consider what is driving any dissatisfactions in your current career. Be honest about your motivations for wanting a career change. Are you:

- Creating a new challenge?
- Changing direction?
- Increasing salary, incentives, benefits
- Setting up your own business
- Avoiding: conflict, the need to change
- Being Retrenched,
- Not performing to expectations

What is motivating your desire to change?

2. Inspiration. Take a moment to imagine what your ideal career looks & feels like?. Explore your hopes and dreams, anything you have longed to do. Consider unlimited possibilities without restrictions of time, energy, money or resources. Stretch and challenge the vision to create greater impact and fulfillment.

What would you strive for in your career if there were no limits?

3. Recognition. You are a uniquely packaged individual, shaped by your own blend of gifts, passions, skills, abilities, personality and experiences. Combining these with your values, goals and dreams, can create satisfying new opportunities which reflect your individuality, and motivates you to perform well.

Does your career vision reflect your shape?

4. Framework. Define specifically what your ideal career vision looks and feels like. Review your motivations list for changing job and make sure that these characteristics and solutions are incorporated into your new vision. Keep in mind your passions, values and dreams, along with what you need in order to experience a sense of personal stability.

What does your ideal job look & feel like?

5. Current Results. Whether you change jobs or not, you are the common denominator. **You** go with you, wherever **You** go – there is no escape. So have a look at your current results. Consider your performance in terms of skills, knowledge, abilities, achievements, challenges, strengths and weaknesses. Identify where there are gaps between where you are now and where you want to go.

What are your personal and career development needs?

6. Career/Personal Balance. It is important to ensure that there is a healthy balance between your career vision, key life areas and your key goals, dreams and aspirations. So take time to consider the eight key life areas along with your career vision:

- **Business/Career**
- **Finances**
- **Relationships**
- **Spiritual**

- **Rejuvenation**
- **Health & Fitness**
- **Personal Development**
- **Contribution**

Does your career vision take into consideration all of these eight key life areas?

7. Limiting beliefs Identify any limiting beliefs and behaviours, as your results will be limited by these. Take the time to identify what they are and resolve them.

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

Your next career move can be an outstanding success, helping you to reach your goals. A coach can help you achieve the outcomes you truly desire. For more information, contact Lisa McDonald, Strategic Life Management Coach, at **+61 (03) 9530 4458** or send an email to info@healthpursuit.com.au.

Sowing the seeds of tomorrow's PeakPerformer

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 live 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 *now*.

Testimonials

"Working with Health Pursuit has changed my life. I can now 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**

"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**

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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