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## PeakPerformer News

Welcome to the September 2007 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*!

### Inspirational Quotes

"An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change. A strong, positive self-image is the best possible preparation for success in life."

- **Dr. Joyce Brothers, Psychologist and Author**

"There is only one corner of the universe you can be certain of improving and this is your own self."

- **Aldous Huxley**

### 7 Tips for Improving Self Image

#### ***Are You Ready To Change Your Results?***

Your self image is your own internal picture of the sort of person you are. It determines what you believe you are able to accomplish.

The success you achieve in any undertaking will never be greater than the image you have of yourself. So, your results are a direct reflection of your self-image.

#### ***To Change Your Results You Must Change Your Self-Image!***

To change your results you must work on changing the internal picture of your image ie who you identify yourself as being.

Your self-image was formed within your subconscious mind, from many past experiences. When an event happens, we run it through our mind filters to decide what it means. This determines whether it is perceived to be eg good/bad, a success/failure etc which creates a corresponding feeling eg happy/sad, proud/embarassed. The problem with many decisions is that they were made either unconsciously or at a very early age and now are forgotten. We may still unknowingly be

carrying them as we grow into adulthood, unaware that they are limiting the success we desire.

To redesign your hidden self-image in line with the picture of success and fulfillment you desire, is to remake your entire life.

**1. Take Responsibility.** The results you are getting are based on the picture you have in your sub-conscious mind. So, make a commitment to yourself today to put aside the past and take fresh responsibility for the present. Start planting the seeds for creating the new self- image you would like to see.  
***Are you motivated to plant new seeds?***

**2. Create a Roadmap Image.** Take a moment to create your fantasy through the use of your imagination - what does your new self-image look, sound, think and feel like? Consider you have unlimited possibilities without restrictions of time, energy, money or resources. Picture the details of your hopes and dreams and write out the vision you want, stretching it to create a greater and more empowering self-image.

***What would you love your image to be if there were no limits?***

**3. Life Review.** It is important to ensure that your image is consistent between your key life areas, key goals and aspirations. So take time to consider the eight key life areas, and how you will consistently integrate them into the new self-image you are desiring:

- Business/Career
- Finances
- Relationships
- Spiritual
- Rejuvenation
- Health & Fitness
- Personal Development
- Contribution

***How will you transfer your new self-image into all of these eight key life areas?***

#### **4. Identify Gaps.**

Take the time to identify the differences between where you are now and where you want to be. Consider changes you will need to make to remove limitations and to strengthen the building of your new self-image:

- Habits/patterns of thinking & behaving
- Attitude
- Appearance
- Beliefs in what can/can't happen

***Are you committed to doing whatever it takes to bring your new self-image alive?***

**5. Commit to Shift and Take Action.** You must have a willingness to work at transforming your fantasy into your new self-image. You will be tested many times, so you must have the conviction and resolve to keep following through no matter what. Avoid the temptation of not following your strategies consistently.

***What time, energy & money will you invest in developing your new self-image?***

**6. Daily Rituals.** The sub-conscious requires clear orders to follow, so repetition is required until the habit is installed. Develop daily rituals to dissolve your old self-image and assist in planting the vision deeply into your sub-conscious mind, and continue to nourish it regularly. Reinforce your vision daily by:

- Reading your vision
- Seeing yourself living the vision
- Feeling the vision appearing
- Affirming your intentions out aloud
- Taking action steps
- Thinking, Feeling, Acting and Being a Winner!

***What else can you add to your vision statement to make it more compelling?***

**7. Seek Support** Change can be challenging as you interact with people, situations and routines which may have been part of the old self-image, the one which you are trying to move away from. And others may or may not be comfortable with what you want to create. Enhance your efforts to develop a new self-image by increasing your interactions with supportive people, situations and routines. Seek out people who have already achieved the image you are building, to be your role models.

***Who can you utilise as a role model?***

When you are committed to building a new image, taking consistent action to change and implementing patterns which reinforce your new self-image, you will notice your vision beginning to appear in reality - you will begin to create winning results. A coach can help you achieve more of the outcomes you truly desire. For more information, contact Lisa McDonald, Strategic Life Management Coach, at **+61 (41) 229 1079** or send an email to [info@healthpursuit.com.au](mailto:info@healthpursuit.com.au).

## **Sowing The Seeds Of Tomorrow's Peakperformer**

**Health Pursuit** provides an integrated coaching approach empowers clients to re-design, grow, and manage their business and personal lives. 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](mailto: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](mailto:info@healthpursuit.com.au) or telephone **+61 (41) 229 1079**.

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