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## Peak Performer News

Welcome to the October 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

"The clearest sign of wisdom is continued cheerfulness."

- **Michel de Montaigne, 1533-1592, Essayist**

"Your success and happiness lie in you ... Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

- **Helen Keller, 1880-1968, Blind/Deaf Author and Lecturer**

"Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much."

- **William Dempster Hoard, 1836-1918, Governor of Wisconsin, Publisher**

### 7 Tips - Quietening The Mind

According to some researchers the average person has approximately 60,000+ separate, often disconnected, thoughts every day. What a hive of activity! By quietening our chatterbox thoughts we can greatly improve the quality of our life.

Some of the many benefits of quietening the mind include

- Reducing stress
- Better able to accept things and move on
- Cultivating a sense of peace
- Eliminating fatigue
- Slowing the aging process
- Improving memory
- Finding clarity of purpose
- Connecting us with the spirit of God
- Promoting healing

To enjoy maximum vitality, performance and lifestyle, it is important that you invest the time and energy in quietening your mind on a daily basis.

**1. Clarify Priorities.** It is important to be clear about what your core values, goals and priorities are. It assists the subconscious to have clear direction enabling you to focus on what's important. Priorities enable you to manage your day effectively, ensuring efficient

use of your time and mental energy, as well as completing the most important activities. This includes dedicating the time and space for regular mental breaks which promote rejuvenation, allowing you to refocus again.

***Are you clear about your core values, goals and priorities?***

**2. Create a Workable Morning Routine.** To create a calm start to the day, it is important to develop a daily routine of habits which clearly, define and discipline your mental energy. To increase your connection and focus, incorporate a combination of mental, physical and spiritual activities into your morning routine. Examples of beneficial habits to incorporate include:

- Meditation
- Exercise eg; walk, yoga, stretching
- Deep breathing
- Read/Listen to something uplifting
- Affirmations
- Read your goals, dreams
- Eat a highly nutritious breakfast

***Where does your morning routine need tweaking to start the day?***

**3. Balance Your Energy Investments.** To have a calm mind it is important to ensure that you are balancing the mental, physical, spiritual and emotional energies. Review the eight key

life areas and consider where you are investing your time, energy and money, and where your habit of a busy mind may be draining you:

- Business/Career
- Finances
- Relationships
- Spiritual
- Rest & Rejuvenation
- Physical Wellbeing
- Personal Development
- Community/Contribution

***How well are you balancing the investment of your energies in each key life area?***

**4. Acknowledge Your Blessings.** Take a couple of minutes each day to stop and count 10 blessings in your life. There are many wonderful things for you to be grateful for. All events have gifts, even those you feel unhappy about. Can't think of anything to be grateful for? Look harder!! - Sometimes it's the simple things we overlook. Reflect on your life experiences, the people you've met and how your life has been shaped. Keep probing until you feel humbled and inspired by what you have been gifted with - the essence of what you truly value and deem to be important.

***What could you be grateful for today?***

**5. Meditation.** In 1980, a Harvard study undertaken by psychologist Charles Alexander, showed that regular meditators improved learning ability, reduced blood pressure, and improved their mental health - all powerful motivators for starting regular meditation. Choose something to focus your full attention on for several minutes eg; an object, your breath or a candle. Any time your mind starts to wander, acknowledge it and then let it drift away, returning back to the focusing point. By continuing this routine you will notice that you have a quieter mind, better quality of thinking and more focus. You will also become more observant of your own behaviour, increasing your choices to implement change.

***Where could you create 10 minutes in your day to meditate?***

**6. Yoga.** Mindfulness is an inseparable component of all yoga practice, helping people to connect their body and mind. Single focus is the only way to maintain the balance and alignment needed to perform the postures. This sustained mindfulness induces deep

relaxation, allowing the brain waves to produce a serene state. Yoga teaches non-judgement, with students learning to embrace capabilities instead of cursing limitations. Yoga is introspective in nature, with regular practice inviting discovery and appreciation of the self - increasing peace, stability and genuine self-love.

***What are you doing to connect your mind and body?***

**7. Spend time with friends.** Relaxing with friends can benefit your wellbeing both mentally and physically. Friendship not only lengthens life, but also stimulates the heart and brings down blood pressure. Studies have shown that friendship can even increase resistance to the common cold. The philosopher Epicurus (c. 306 BC) observed, "Of all the things that wisdom provides ... the greatest by far is the possession of friendship".

***Are you investing regular time to cultivate new friendships and existing ones?***

**8. Develop an Evening Routine.** At the end of a busy day, it is important to empty your mind from work in order to create a separate mental space to embrace your personal time. Create a routine of activities at the end of each work day. Some examples of things you can do include:

- Prepare a To Do list before leaving work
- Reflect on the day and then let it go
- Listen to Music
- Count your Blessings
- Read Something Enjoyable
- Exercise
- Meditate
- Develop a Hobby

***How do you Transition from Work to Personal Time at the End of a Day?***

Quieten your mind is an important part of focusing your mental, physical and spiritual energies. A coach can help you to create the clarity, strategies, tools and habits to achieve the outcomes you truly desire.

For more information, on how Health Pursuit can assist you to reach your goals and become an outstanding success, contact Lisa McDonald, Strategic Life Management Coach, at **+61 (0) 412 291 079** or send an email to [info@healthpursuit.com.au](mailto: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](mailto:info@healthpursuit.com.au) *now*.

### Testimonials

"Working with Health Pursuit has changed my life. I can now visualize 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, marQttec 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 (0)412 291 079**.

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