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Peak Performer News

Welcome to the February 2009 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



"I am only one, but still I am one. I can not do everything, but I still can do something. And because I can not do everything, I will not refuse to do something I can do."

- **Helen Keller**

"The best portion of a good man's life, those little nameless unremembered acts, of kindness and love."

- **William Wordsmith**

"The true measure of a man is how he treats someone who can do him absolutely no good."

- **Samuel Johnson**

7 Tips for Contributing to Bushfire Relief Effort

As the news reports of the devastating Victorian bushfires continue, awful tales of loss continue to surface along with uplifting accounts of survival. Currently the death toll sits at 183, over 500 families have lost their homes and some communities have been all but decimated. 19 fronts are still burning - which means even more people could still be effected. They have lost loved ones, pets, property, possessions and momentos of the past. For most of us it's hard to imagine losing so much of what we own and cherish within a short space of time. Our hearts go out to all those who have been effected and question what we can do to help.

Imagine If You Lost Everything ... ?

Contemplate for a moment what it would be like to be in their shoes, having lived through the trauma and to have lost so much.

- How would you respond to the loss?
- What would you really miss?
- How would you go about starting again?

Dealing with the current bushfire circumstances and rebuilding the lives of affected people and communities, is going to be a huge job. By answering the above questions, you may start to gain some ideas on what affected people may need, in order to re-build their lives. And, be able to contribute in a way you yourself cherish.

Here are our 7 tips to assist you in contributing in the short and longer term:

1. Donate Blood. There have been hundreds of people lining up to donate blood after recent pleas. The Blood Bank is now booked out. However, they still need your help - there will be an ongoing need for blood as injured people travel the long road to recovery. You are asked to book in a couple of weeks time.

2. Donate Goods. Yes there is still a need for goods. Andrew Fox of Linfox has organised a drop off point for these sorts of things specifically to help with this side of donations. They are accepting all sorts of goods and will then deliver these goods to relevant towns. The drop off point is at Shed 48, 1508 Centre Rd Clayton. To make it easier for Linfox, they have asked that the boxes or bags of goods be labelled with what's inside.

3. Donate Time/skills in assisting. The organizations currently involved in the logistics of tending to this disaster, have been inundated with calls. They will have a huge job to do over the upcoming months, so consider registering your desire to volunteer with an organization, such as those above, to assist with future re-building type projects.

4. Prayer. Spend some time in quiet reflection, praying for the victims, families and communities affected by the bushfire disasters. Consider the losses they have experienced and what they are yet to go through.

Reflect also on the love, kindness, generosity, support and human efforts which have arisen in response. Ask that those involved can draw to them the strength, care and resources to heal and rebuild.

5. Attend fundraising activities by legitimate organizations. Find out where the money will be paid into and that the collector is legitimate.

6. Donate money to a bushfire appeals.

- **The Red Cross Bushfire.** The donations will assist individuals and communities who meet the criteria set up by an independent panel of community leaders, who will oversee the Appeal Fund's operation. Red Cross will not deduct any funds from this appeal for administration costs. All funds received will be kept in a Trust Fund set up by the Victorian Government.
<https://www.redcross.org.au/Donations/onlineDonations.asp>
- **Salvation Army.** Donations provide funding for the Salvo's emergency response to this disaster. With hundreds of families impacted severely by the loss of lives and homes, the need for immediate support, counselling and practical assistance will be enormous. The Salvation Army is also at the front line at bushfire locations across the state helping the colossal number of men and women who are fighting the fires, working in partnership with CFA and the Emergency Services.
<https://www.salvationarmy.com.au/partners/donate.asp?oneoff=yes>
- **The St Vincent de Paul Society.** Donations will help the many families who have lost their homes, family members, friends and livelihoods. They will be driving an effort to assist the long-term recovery of the communities affected by this tragedy and to help them rebuild their homes and eventually their lives. Your support will provide assistance to all those who have nothing left and nowhere to go.
<http://www.vinnies.org.au/>
- **Habitat For Community.** Your donation will assist in rebuilding the Victorian communities affected by the bushfires. The funds raised in this appeal will be used to collaborate with community leaders, government, and humanitarian aid agencies <https://www.habitat.org.au/SSLPage.aspx?pid=412>
- **Wildlife Victoria.** Wildlife Victoria is a not for profit and volunteer based organisation that has been at the forefront of wildlife rescue and rehabilitation in Victoria
http://www.wildlifelifevictoria.org.au/cms/index.php?option=com_wrapper&view=wrapper&Itemid=43

7. Utilise service providers contributing to the bushfire appeals. Kill two birds with the one stone. Purchase a service or product you are looking to purchase anyway, and enjoy the extra benefit of knowing part of it will be towards the appeal. See our special offer below. Another example - Coles is donating all profits from its 750 stores on Friday (13th February) to the Red Cross's Bushfire Appeal.

For more information, on how Health Pursuit can assist you to achieve greater levels of contribution, reach your goals and become an outstanding success, contact Lisa McDonald, Strategic Life Management Coach, on +61 (0) 412 291 079 or send an email to info@healthpursuit.com.au.

Health Pursuit: Helping Busy People Thrive, Not Just Survive!

Please feel free to forward this newsletter to anyone you believe will benefit from our tips.

Special Message

Victorian Bushfires Message

We would like to extend our heartfelt prayers to those of you who have been affected directly or indirectly by the recent bushfires. Our thoughts are with you at this time.

Special Victorian Bushfire Offer

As a part of Health Pursuit's contribution to the Victorian bushfire relief efforts - Book and pay for your [PeakPerformer Audit](#) in February and we will donate \$50 of the price of the audit to the Red Cross Bushfire Appeal. Please contact Lisa McDonald on 0412 291 079 or info@healthpursuit.com.au to arrange a booking.

What's New

Free Subscription: HP Daily Inspirational Quotes

Do you enjoy a thought provoking quote? We know that many of you do, so we have created: *HP Daily Inspirational Quotes*. This free subscription is a daily email with a simple quote to inspire your day. These thought provoking words of wisdom have been collected from a variety of sources, including writers, speakers, philosophers and many others. For your free subscription to *HP Daily Inspiration Quotes*, follow this link: - www.healthpursuit.com.au/articles/subscriptions

Building The Foundations Of Peak Performance

Health Pursuit assists business people and individuals to experience greater levels of Connection, Freedom, Achievement, Personal Development and Fulfilment in their life.

By helping people to strategically manage their lives, our programs empower them to live their dreams, achieve their goals and enhance their ability to Thrive, Not Just Survive!

Programs

Health Pursuit provides a variety of programs to empower clients to Thrive, Achieve More and Fulfil your Business and Personal success. To learn more about them, please click on the links below:

- [***PeakPerformer Audit***](#) – Assesses current performances
- [***The Equilibration Process***](#) – Liberates your beliefs & emotional balance
- [***Strategic Life Management***](#) – Connects the individual to their success plan

Testimonials

Here are some comments on how client lives have benefited from our services:

“Working with Health Pursuit has changed my life ...” - ***Juanita T, Elsternwick – Singer & Songwriter***

“Three months later and I have quit my job, started a new business, and increased my monthly income by ***600% ...***” - ***Cheyne Goulden, Director, marQttec marketing***

[To read more about what they had to say, please click here.](#)

For More Information

For more details on any of these articles or to ask any questions please visit our website www.healthpursuit.com.au. Or contact us at info@healthpursuit.com.au or by telephone +61 (0)412 291 079.