



Your new life after being burnt

**GETTING WHAT YOU REALLY WANT STEP
BY STEP BY MAKING GOALS**

MAKING SIMPLE GOALS

- What do I really want in life?
- What steps do I need to take to get there?
- Am I willing to make the changes?
- Are there things that I just can't get started on?
- No changes means you stay where you are
- Little goals add up to a big goal
- Do things you love doing!
 - Changes in how I think?
 - Changes to attitudes?
 - Changes to my friends?
 - Changes to daily routines

MAKING SIMPLE GOALS

Remember the definition of stupidity is doing the same things over and over and expecting a different result.

It's why people buy lottery tickets and hope – they want change without effort

Change is not something to fear
Staying where you are now for the next 5 years is scary! Only you can decide to change

EVERY ACTION MAKES A DIFFERENCE

- Lets imagine you drink water instead of buying a \$4 coffee each day
- $365 \times \$4 = \1460
- $\$1460 \times 10\text{years} = \$14\ 600$
- Imagine just starting your day with a 3km walk – in a year your going to walk over a 1000km and be much fitter than you are now
- Learn how to cook a new recipe every week –that's 52 new ones a year

MAINTAINANCE – LOOK AFTER THINGS

- Look after your body
 - Look after your relationships
 - Look after your money
 - Look after your car
 - Look after your skills
 - Look after your attitudes
 - Look after your toys
 - Look after your friends and family
 - Look after your pets and garden
-
- You are either going forwards or backwards in these areas
 - How and when are you going to do it?

USE YOUR TIME WISELY TO IMPROVE THINGS

How much time a week do you spend?

- Exercising?
- Learning new things?
- Managing money?
- Planning meals and food?
- Learning and reading new things online or in books?
- Looking after your things?
- With your family and friends?
- On your phone or watching TV?
- Make a plan for your week!

KNOWING WHAT TO DO NEXT

Remember if you fail to plan then you plan to fail

- What are the steps you want to make?
- Can you wait for the time it might take to achieve your goal?
- How badly do you want to get there?
- When am I starting?
- What is the first step?
- How will I know that I'm progressing?
- Am I willing to pay the price in time money effort and perseverance?

MOVE IT ONE SHOVEL AT A TIME



START NOW

- Do a little each day
- Eat an Elephant one mouthful at a time
- Put in the work today to get the results tomorrow
- If you live for yourself today then you won't have anything for the future
- It's amazing what 20 mins a day of anything will do for you
- 20 mins walk 20 mins study 20 mins practice 20 mins learning

MY FIRST PROJECT OUT OF HOSPITAL BOX LID



HANGER FOR MY SUITS



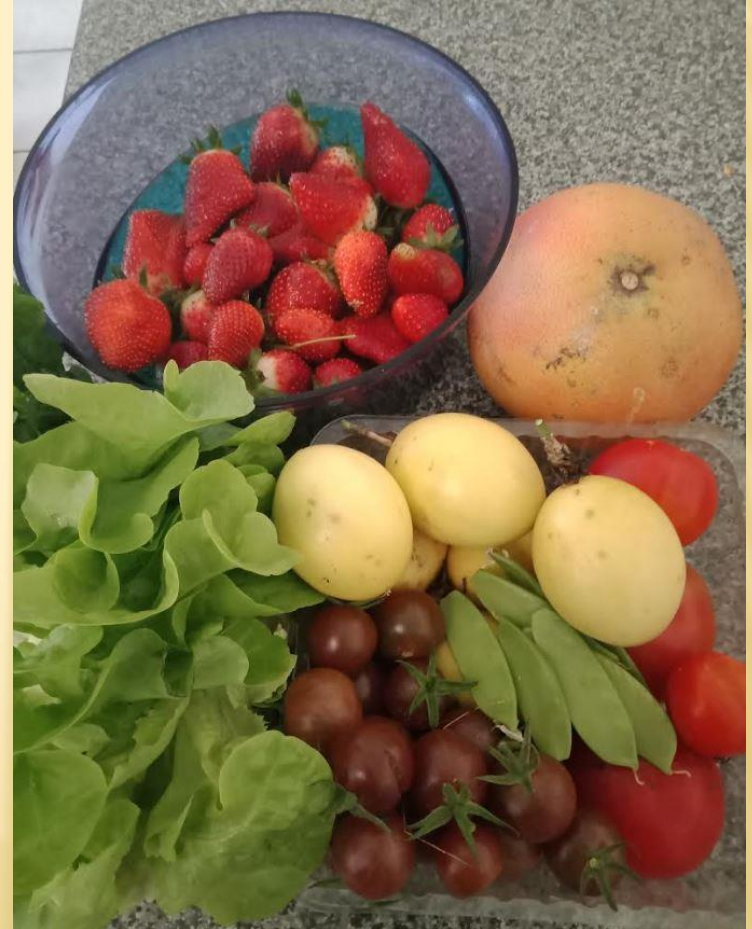
AIRCON AND SOLAR – ROOF



CATCHING MY FIRST FISH AFTER THE BURN



NEW GARDENS AND HEALTHIER MEALS



A SHOVEL OR TWO A DAYS GETS YOU THERE



MASTERING THE WEBER



SAVING MORE POWER



HOUSE FOR THE NEW PUMP



GENNY FOR THE FREEZER AND PUMP



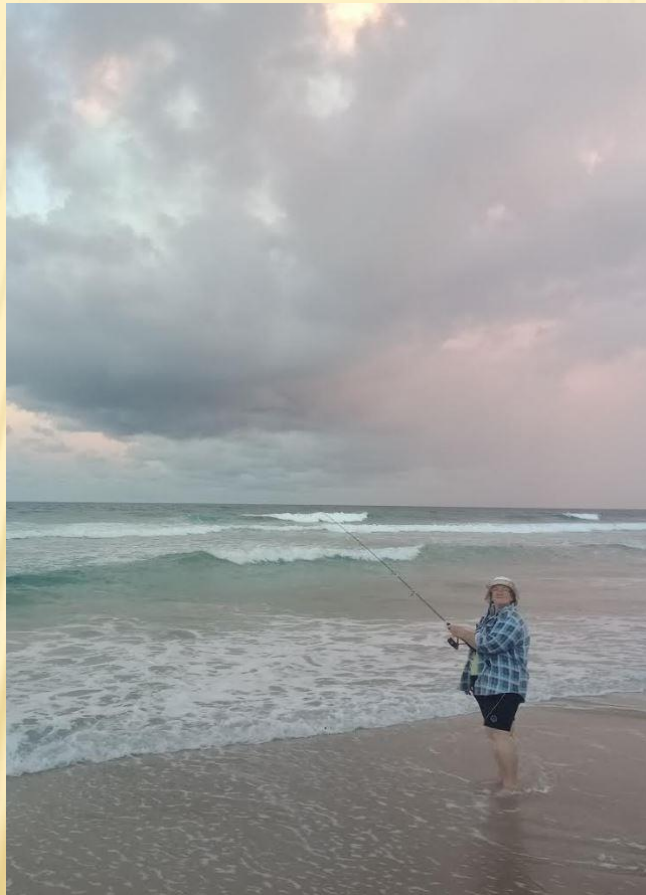
FIXING ALL THE IRRIGATION



COTTON FARM AND RELATIVES



HOLIDAYS AND FUN



FIXING THE TRUCK



APPLES \$4 A BOX



PAINTING THE HOUSE ROOM BY ROOM



DON'T FORGET TO SOCIALISE !



WHEN THE FUN IS ON – GET AMONGST IT !



WHAT DO YOU REALLY WANT ?

Make sure you include all the components of health, fun , movement, food, finances, relationships, friends and MUCH MORE –you decide.

WHEN IT ALL GETS TOO MUCH?

