

now

not

to be like

your parents!

Why Bother?

Why bother reading this? The simple fact is you don't have to. But it has been written with you in mind. We certainly hope that you will find it provides an insight on something in your life you're dealing with. But we might be wrong!

How not to be like your parents has been written by people who may be parents themselves or at least old enough to be your parents. So we may not be able to help you – but then again perhaps we might?

We all have our own reasons for wanting to contribute. We just want to know we've done what we can to help ensure you have the opportunities you deserve to make the world what you want it to be. When I was 17 I sent articles to magazines and was chairman of the area youth council and met with local politicians and wanted to make a difference in the world. I kept telling other teenagers that we had to take personal responsibility for our lives. Then 'reality' set in and I forgot those dreams. It's only since working for myself 3 years ago, and 30 years later, that I have started to live the dream. I didn't waste the 30 years but realise I didn't need to give up my dream either and I could have had it all much much sooner. I want to ensure you start to live your dreams sooner rather than later – this ebooklet is the start.

Reading this may help but it isn't going to make a huge difference. You taking action and doing something different will. We've set up groups on Bebo (How not to be like your parents) and Facebook (How not to be like your parents) and invite you to use them to decide what you'd like to do next? They're groups for you to make the decisions not us. So whilst we're happy to provide conferences or workshops for young people we're also equally happy to butt out!

Enjoy and find what gives you passion in life.

Hisson x

how

not

to be like

your parents!

www.hownottobelikeyourparents.co.uk

(www.hntblyp.co.uk)

ALSO FOLLOW US ON:

 bebo

(how not to be like your parents)

 facebook

 twitter

(<https://twitter.com/hntblyp>)

)click on an article to view(

1
einstein, eminem
and homer simpson.
they're all wrong,
you know.

2
RULES
FOR BEING
human

3
trust your
head

4
Want to be
happy?

5
Strengthen
yourself

6
How words
can forecast
bright results

7
How to speak
with impact

8
Don't get too big
for your boots
Get bigger!

9
Spinning the
Baby Boomers
(the BBZ)

10
How to
be better
than even
you expect

11
Winning
the game

12
What gets
you out of
bed in the
morning?

13
All things take
practice — even
Beckham's goals!

14
Befriend
your ego

15
Who wants to
live forever?

16
What they
didn't teach
at school

17
Luke sky
walker or
Darth vader?

18
you decide
!!!

19
Be fit and healthy
not skinny and tired

20
Food
& mood

21
No
regrets

The world is full of experts, who want to show you 'the way'. Funnily enough, it's usually 'their way'. I'm no different, so here's my way.

Einstein is wrong, as is Homer.

Famously, Einstein didn't remember his own phone number, He carried it around on a piece of paper, saying that he didn't need to clutter up his brain with information he could find easily. Homer agreed – telling Marge that he wouldn't go to night school because "Every time I learn something new it pushes some of the old stuff out of my brain"!

they're both wrong.

The brain has an unlimited capacity for information, so don't worry about filling it up. Keep learning, experiencing, and accumulating knowledge. Take a new course; sit in on someone else's lectures, read a new author.

And so is Eminem.

"You only get one shot...This opportunity comes once in a lifetime". No it doesn't. You'll get plenty more opportunities in your lifetime, so stay awake. The first time I was made redundant I thought it was the end of the world. It wasn't – it was the best thing that had happened to me. Ditto when I was made redundant again five years ago. It set me on the journey I'm on now

Listen to your friends when they say "you can do this".

And ignore them when they say "you can't".

A bar in Glasgow, Saturday night, half a lifetime ago. A mate says "Kenny, there's a competition for new comics. You should go in for that". Cue my two other mates who say "No you shouldn't, you're not funny and you don't have the guts". (We're not great at supporting each other). So I entered. And I was rubbish. But I got over it, had a laugh, and went for it again the following year. I made the final, started a twelve year sub-career as a stand-up, played all over Britain, and met loads of great people. I ended up with ten one-man shows on BBC1, a worldwide tour supported by Billy Connolly and Chris Rock, and a four year residence in Las Vegas. OK, that's a bit of an exaggeration, but it was a blast.

Every week, do something you've never done in your life before. Your brain never forgets what you see, learn, experience. So cram it with new stuff. At some time, in some place, you'll be trying to be creative: to come up with ideas, or to solve a problem – and your mind will make a connection to something you can't even remember doing. If you love the football, go to a gallery. If you love shopping, take a walk up a hill. Watch a new TV station. Listen to a new style of music.

And keep connecting.



EINSTEIN, EMINEM AND HOMER SIMPSON.
THEY'RE ALL WRONG, YOU KNOW.

Sayings like; "You mustn't get too big for your boots", "Don't blow your own trumpet" and "Pride comes before a fall" are handed to us by parents, people in authority, friends and society in general. Then they become ours, repeated when we think we are in danger of becoming big headed or 'too' pleased with ourselves. I would like to suggest that we bin them and celebrate success.

NUGGETS OF GOLD

What do you say at the end of your day; "Let me tell you about the best thing that happened to me today?" Or: "I tell you, everything that could have gone wrong today, went wrong". Think about the tone of your voice, the feelings, and your body language when you say the second one. If this hasn't been your best ever day, do you want to make sure you have a rotten night too? Start noticing and recording the 'nuggets of gold' that happen to you during your day. The little things that make you smile as well as the great big ones that make you jump for joy.

Boasting

Admit your strengths and positive characteristics to yourself, and be open to other people's praise too.

Watch your Language:

It's not what people say or do that makes us feel good or bad, it's what we say to ourselves afterwards that has the effect. We can consider their opinions and check whether we need to make any changes or accept that that's the way they think and we don't agree. You can change how you feel by changing your language. Instead of saying they think I'm stupid," Try; "I know I'm not stupid, I wonder what they mean?". Instead of "I've forgotten" say "I will remember soon."

Shift your thinking

Shift your focus onto what works for you, what you can do, what you enjoy and what makes you feel good. "We are what we think. All that we are arises with our thoughts. With our thoughts we make our world." (Buddha). So make those thoughts positive, stop thinking about what's wrong start to think about what's right now. Have a positive welcome message on your phone and your computer that makes you smile and feel good.



Don't get too big for your boots — get bigger!

Freddie asked the question, I think we know the answer. No matter how much you might like to live forever, it ain't gonna happen, is it? I know some people have stuck their bodies in liquid nitrogen in the hope of being cryogenically brought back to life, but come on, get real. As Harry Hill might say "what are the chances of that happening?"

If there is no evidence so far of anyone being brought back to life when they are dead how can I ask you "how would you like to live forever" – let me ask you this:

How would you like to be remembered when you are dead?

When someone stands up at your funeral and speaks about you, and your achievements, what would you like them to say?

What is your lasting legacy going to be?

Imagine you are 85 years old, it is your funeral and you are there listening to every word that is being said – what would you think? Do you think you would like what is being said about you? It's not such a crazy idea, many life coaches use this technique to get their clients to understand what are the most important things in their lives. Great motivational speaker like Stephen Covey in his 7 now 8 Habits of Highly Effective People asks people to imagine being there at their own funeral.

At first it sounds like a morbid exercise. But if you were asked to sit down and seriously write out how you would like to be remembered at the end of your life I bet you would find it a very useful exercise, because it would focus your mind on what is really the most important thing in your life.

Steve Jobs, the man who invented the Apple Mac computer and Pixar and of course that leads us to the iPhone, he said that remembering that he was going to die one day was the greatest motivational tool he had ever known because he helped him focus on the big things and the most important things in life and the importance of doing something in life that you love.

That is his message to young people; to find what it is that you love in life, it is the only way to be truly satisfied in your working life and your personal life. If you won the lottery tomorrow and had no worries at in life what would you be doing? Find your inner passion, life's too short, don't waste your time living someone else's life, find your own love and passion, trust your own heart, your own desires and live life with a purpose.

You don't have to be a successful computer person with a million dollar company to have a legacy, you don't have to buy an original signed first edition of Harry Potter and leave that to your future grand daughter, YOUR LEGACY can just be your example, your values, your smile, your friendship, your forgiveness. Yesterday is gone, tomorrow is not here yet that is why today is called a present.



WHO WANTS TO LIVE FOREVER?

When you were born, you didn't come with an owner's manual; these guidelines make life work better.

You will receive a BODY

You may like it or hate it, but it will be yours for the entire period this time around.

You will LEARN LESSONS

You are enrolled in a full-time informal school called 'life'. Each day in this school you will have the opportunity to learn lessons. You may like the lessons, or think them irrelevant and stupid.

there are NO MISTAKES, ONLY LEARNINGS

Growth is a process of trial and error experimentation. The failed experiments are as much a part of the process as the experiment that ultimately works.

A LESSON IS REPEATED UNTIL IT IS LEARNED

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

LEARNING LESSONS DOES NOT END

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

"there" IS NO BETTER than "here"

When your "there" has become a "here", you will simply obtain another "there" that will, again, look better than "here". This is OK.

Others are MERELY MIRRORS OF YOU

When you love or hate something about another person, it reflects to you something you love or hate about yourself, and if your reactions to them are great...you have something to learn...again!

What you MAKE OF YOUR LIFE IS UP TO YOU

You have all the tools and resources you need. What you do with them is up to you. The choice is always yours.

Your ANSWERS Lie INSIDE YOU

The answers to life's questions lie inside you. All you need to do is look, listen, feel how you feel and trust.

You WILL FORGET ALL THIS.

RULES FOR BEING HUMAN



Baby who?? Who are they? All Humans born between 1950 and 1968 (your parents included) from the industrialised countries.

Why is it important to understand them?

Because! At some (very important) point in your life they will probably hire you or be your boss.

Success strategy Number 1 – Know the enemy

You are speedy! The BBz literally get dizzy watching you... run circles around them. You're capable of doing at least 5 things at the same time... **Multitasking** is no longer just a female quality ;- GenY (that's you) has morphed into it too, that's evolution for you! This makes you highly productive.

You're focused and know how to get the job done

Just try keeping in mind that things can't always go your way though, in the business world your **negotiation** skills will serve you well.

Learning is a big motivator

You want it that way ALL the time otherwise you're gone! This characteristic really differentiates you from the Baby Boomers. They believe that all good things come in time and relate more to the concept of plain old simple hard work as being a prerequisite to living the good life ..whether it motivates them or not! So beware, they may find you a little too idealistic.

Take advantage of the fact that you're a great team player

Your pragmatism enables you to adapt your perspective to any situation and modify your strategy to suite the context. This mental "plasticity" is a BIG bonus, you can always find a solution and there is never a problem! Kudos, for being an out of the box thinker.

Explain that you will settle for nothing less than what you want

High up on your list is autonomy and quality of life. That means you perform well when you have the freedom to manage your work and spend time with your children your partner, your family and the network of people that you have chosen and care for. This is a quality that the more seasoned Baby Boomers may REALLY admire.



SPINNING THE BABY BOOMERS (THE BBZ)

Let's start with the premise that, on reflection, now that I have a few more years of life experience, I would like to hallucinate that, most of the time, most of our "teachers" had the best intentions and, in any case, they were doing the best they could with the tools and skills that they had then.

Is it possible that we all are influenced by many, many factors in our formative years? (actually all though our lives I guess).

Here are a handful of the influences that I can immediately think of; parents (and their friends), other family members, siblings, our friends, teachers, surroundings, sounds, sights, smells, appreciation, adverts, shops.

I was going to suggest that environment is one of the strongest influences, but on reflection, in their own ways, I believe all of the above are as important in different circumstances.

Values, Beliefs & Language

What about Values, Beliefs and Language of our Guardians (may not be our parents in today's ever-changing times) and those we spend much of our time with?

Values

If Safety, Security and Consistency were amongst your highest valued Personal Guidelines and Rules, would you be likely to have a different outlook from someone who valued Adventure and Spontaneity?

I know my own highest values; Honesty & Integrity have affected many of my decisions in life, including everything I've ever recommended to someone else, as I believe that it could take me twenty years to build my reputation and five minutes to destroy it, and I simply won't take that chance.

BELIEFS

If you believed that most people from the West Coast of Scotland had the best sense of humour (Shine on Billy Connolly) and that most French guys were out to flirt with & steal your women, would that affect your preference on which culture to spend time with, given the choice?

If you believed that; no matter what challenges are put in front of you, you'll always rise above them and shine through, would that be a more empowering belief than "I'll never manage that...?"

Language

If you heard phrases on a regular basis such as;

"We can't afford that"

"Low-calorie drinks will help you to lose weight"

"Mummy needs a cigarette/drink before she can calm down"

do you think this may have an effect on your own outlook in life?



What they didn't teach at school

This is an extract from a larger piece of work. For more information please contact Mike Berry.

There's a lot to be said for intuition. It's hard to pin down what intuition really is and although you might not want to hear it, some elements of intuition come with age.

As a teenager the last thing that you want to hear is adults telling you that *'you'll only get better at something as you get older'* but stick with me for a bit, you're already quite good!

Although I've said some elements of intuition come with age, by thinking intuitively now when you're younger, you'll hone your intuition earlier.

A lot of what is called intuition comes from the subconscious. It's your unconscious mind working away in the background going through all the options, feelings, learning and making its own conclusion without your conscious mind even seeming to give it a thought.

Let's take one example..

You've seen a girl/boy that you like. You don't know them, never talked to them, don't know if they are your type or not. But in the back of your mind when they are around you just get a good feeling. You've probably picked up subconscious body language signals that they like you (and you are probably doing the same) but just don't know it.

Take the plunge and ask them out, if you don't you'll only regret it later; if you do, what's the worst that can happen-they can only say no!

And a second...

This is regarding how army vehicle commanders are trained to carry out reconnaissance (the act of exploring to gain information) when moving through what could be enemy territory.

Along with a main list of military checks and tried and tested teaching about seeking out the enemy and keeping their vehicle/soldiers safe, the last thing that they are taught is to 'trust your intuition', 'use your 6th sense'.

To put it plainly, you are moving along a route and stop to scan the area for enemy, you don't see anything but just have a 'gut feeling' that something is not right, trust your intuition. It could be your subconscious mind picking up something that doesn't quite look right, but your conscious mind is too busy with all of the conscious stuff going on around you to make sense of it. As they say, this could save your life one day.

So next time you have a 'gut feeling' about something and someone asks 'why do you think that?' and you don't really know but you just 'know'. Go with it, trust your instinct and just say: 'I don't know why, I just know'.....

TRUST YOUR HEAR... INTUITIVELY



My father was an actor. I grew up wanting to be an actor.
Age 12 I was a film star. Age 21, I was a has-been. I was also a will be!
I wanted to write, to create, to follow my path. I was told work HARD,
not work WISE.

For years I did high paid work with short hours, and the rest of the time I studied what I loved.
School taught me one great thing - how to learn. Life changes fast, and those who have the
tools to adapt are always the winners.

Over to you now:

What do you REALLY want to do and be? How do you want to feel? A third of your life at least
is spent at your job, so make it one you love that fits your skills, body, and feelings. You will
flourish at what you love. If you love football but don't have the body to be a top player, what
other way can you be a success in that industry? Find it, pursue it, achieve it.

I have a friend who was a top brain surgeon. Her parents were proud, they were both doctors.
She was miserable. She is now much happier as a psychologist, because working with
people's minds is where she always wanted to be. Her hours are longer, her success deeper.

Me? I now train people to speak effectively all over the country and sometimes abroad. I travel
many thousands of miles a year, earn a good living and am happy - I am following my path,
not my parents.

HOW TO BE BETTER THAN EVEN YOU EXPECT
IGNORE WHAT YOU ARE TOLD - GO WITH WHAT YOU FEEL.



talk about fighting the dark side, well it must feel like that when you are young, I know it felt like that for me, and that's not yesterday. We all have both in us and the truth is that until we listen to that inner voice called intuition then we get thrown off course in all sorts of directions.

You are not your parents, this is not to say that you don't respect them, it is saying that you have a path to walk of your own and to be able to find that path you have to trust your instincts and know who you are. You cannot find your path through someone else, that's their path and how can you reach your goals by following others? you can't, is the answer.

Here's something you can try that a colleague of mine created;

When you are faced with a situation take a little time to really sense if it feels right or wrong to you. If that does not appeal or you find it difficult try imagining that you are planting a seed in a plant pot, that seed is the situation you are looking at. Close your eyes and wait to see what your imagination shows you coming from the seeds, this may point you in the direction you need.

Here's an example; a friend on mine had a situation where he had to look at making a decision about a certain college course.. When he close his eyes and saw the seed as the course and saw them sprouting two warriors fighting. He took from this that this particular course was not the one for him. He then began to re-investigate what else was out there for him, he came across another course that suited all of his needs perfectly.

taking a little time to go within can produce the results you need.



LUKE SKY WALKER OR DARTH VADER?

Plenty of advice, but I don't really expect you to listen.
I wouldn't have listened when I was a young person, either.

And, most importantly, everybody has to make their own mistakes, that's what makes them the person they are. And, by the way, let's not call them mistakes, but experiences. This sounds much better and also suggests, you can learn from them and therefore grow.

Having said all that, may I share three pieces of advice with you? Let's call them recommendations for a happy life – are you ready?

1. Be YOURSELF!

Everybody is unique, there's nobody on this whole earth who's like you, who's got your fingerprint, who's thinking your thoughts. So think about what makes you special, concentrate on that and have the guts to stand out from the crowd.

2. Concentrate on what's REALLY important in life: Your happiness!

Ask yourself on a regular basis 'does this make me happy?' or 'am I enjoying myself doing such and such?' If your answer is yes, that's fantastic - you are on the right track. If your answer is no, find out what you want to change in order to make yourself happy.

3. Ask for advice.

Not everybody knows everything, that's a given fact, it's impossible. There's no such thing as a stupid question. So, if you are stuck, ask for advice. You could ask your parents, siblings, friends, teacher, boss.

Anybody who's got your trust. You don't have to take their advice, simply listen to different opinions, from another perspective. Then go out, consider these thoughts, play around with them, and be brave enough to make your very own decision.

Also, remember to keep smiling. It ONLY works!

to your happiness – always!



Want to be happy?

From the age of 3 our society attempts to dictate what we wear. Nursery children are encouraged to wear a uniform. At school it becomes compulsory. And that's you pretty much until at least the age of 16. No choice. Adults want you to conform and wear what everyone else is wearing. They want you to belong.

It's not surprising then that by the time you become a teenager you have had enough of uniforms and fitting in. You are changing inside and out and becoming the person that you will be for the rest of your life. You want to experiment, push the boundaries and break the rules of dress. The last thing you want to do is conform.

You have just had some freedom and then work places want you to conform to their ethos. To know that you are on the same wavelength. To be part of their team. This isn't necessarily done by wearing a uniform, but they want you to look the part. To look like you belong.

Yes, I wish that human beings took the time to look on the inside and not judge people by what they wear. But we do. And we have done it for thousands of years, so it's not likely to change anytime soon. So how do you show that you are part of the team without losing your sense of individuality? How do you do it and still be true to yourself?

The trick is to understand the rules of the environment you're in and play the game within the rules. What works for one work place will be different from what works in another. Is it a creative and innovative environment or about traditional values? Is it formal or informal? These will give you clues. Look at what other people wear. Particularly successful ones in the organisation. Find a role model and think about how you can adapt their look to work on you. Smile. Be positive. Learn how to shake hands properly. People will remark on your maturity and charisma.

Hang on to the you that you found through the experimentation, soul searching and rule breaking. Dressing the part doesn't mean losing your identity. It means wearing the team strip to show that you are on the same side. That you can relate and contribute to the shared goals. That you can be trusted and the rest of the team can rely on you. This is just the start of the game! Initially it might feel like looking the part is something that you do for other people, but do it well and the ultimate winner is you.

WINNING THE GAME



Who determines what it is you are capable of?
Who could or should dare tell you "who you are" and what "type" of person you are? Yourself, or others?

It is yourself who determines your level of success and happiness in life.

We all make assumptions. Let's face it others make assumptions about us (bad), we make assumptions about other people (very bad), yet worse that this is when we make assumptions about ourselves.

I'm too tall, too small, thin, fat, clever, stupid, pretty, ugly, rich, poor etc etc etc

Which voice do we listen to the most?

The one that says "go on... you can do it!", or the one that shouts "you know you'll fail, don't embarrass yourself, don't even bother trying, give up!" ?

In the main, we as British people seem to listen to the negative voice more than the good voice yeah?

Shame really, because what is true?

For example..... when you REALLY,... and I mean REALLY set your mind to doing or achieving something, do you not frequently achieve it?

So what is true?

That you are not good enough, can't do things?

Or is it that you just haven't got a big enough "WHY" ?!

Understand why you need to do things and if you can excited enough and convince yourself to REALLY want to achieve it, then maybe what is true is that YOU ARE so much better than you dare imagine.

What is it that you could look into doing that you REALLY want to do, but currently believe you are not capable of doing?

You Decide !!!!!

It all begins with small decisions. Micro decisions such as "do I go sleep in, or get up and do some work?"

When I interviewed a disabled sports champion and Britain's only ever worlds no1 Tennis champion (Mark Eccleston) he was asked what success meant to him, and he replied as follows;

"For me, success is not about what you achieve. Success is when it is cold and pouring with rain, and you have to decide to go to the pub with friends or go training"

He believes that if you make the right decisions, you will achieve and succeed.

What decisions could you make - RIGHT NOW !?

You Decide !!!

YOU DECIDE !!!



Now not to be like your parents? Fat chance! For a start there's genetics. Your nose and all of it came from them, and perhaps even aspects of personality come from them.

But that doesn't stop you being unique and special. You are so much more than your inherited characteristics, but you must accept them and befriend them.

In childhood you needed parents to provide a cosy nest and you were probably ready to accept what they did, such as cooking, singing and even some of their rules. Now you are quite rightly developing your own critical sense. Their singing or taste in music, clothes, hobbies etc might be a huge source of irritation.

How do I know? I've been a young person, a teacher and a parent and know what it's like in those boots.

A while back I helped a Drama class get a production on in tricky circumstances and afterwards they gave me a card. One of them wrote:

"Thank you for all the effort you put in! That takes a lot of selflessness! Thanks for not giving up on us when we got mean, for someone so sensitive that takes a lot of grit."

I expect that praise is probably due to people in your life too. Right? Worth telling them to encourage them?

You are at the age where often you need to draw back into yourself and your life with your peers to forge your own identity. It's not about rejecting teachers, parents and other significant older adults but it is about some self- exploration and strengthening your sense of yourself as a worthwhile person with good skills and qualities to offer life in the hopefully long life you have ahead – wherever those qualities came from!

STRENGTHEN YOURSELVES



From listening to a lot of parents you'd think work was the most important thing in the world. From listening to others you'd think it was something to just put up with to bring in the money so you can enjoy yourself for the few hours you're not working! Neither view sounds very appealing.

For most of us at least a 3rd of the day is made up from work so why not go for feeling like those in the picture right.

To ensure you get more of this feeling it's useful to think about:

- + What you enjoy doing
- + What you get very passionate about
- + What you are good at

What do you enjoy?

If you enjoy something then you already have the motivation to keep on doing it. So why would you decide to do something you don't even enjoy doing? Some people do but what a waste of time! Make a list of things you enjoy doing and discover the many ways you can do these every day.

What are you good at?

Because we take it for granted it's really easy to ignore what we're good at. Take some time to notice what you find very easy and effortlessly to do? Don't worry about what you think that might mean. I love playing around with excel spreadsheets – it doesn't mean I do accounting but analysing figures and data isn't such a no no. If you like talking to people it may not be such a good idea to work for yourself sitting at home – something I forget about when saying yes to work that keeps me at home on my PC!

What gives you passion?

Think for a moment about the things in the world that you'd change. These are likely to be the things in the world that you get angry with family and friends about. How might what you do support the difference in the world you'd like to see? For some people this might be about improving the use or access to technology, for others about empowering people, for others it might be about climate change, conservation, supporting those in poverty etc.

You may be able to support these changes directly in what you do or indirectly. For example even when working for businesses 10% of my profits go towards helping young people find passion and purpose in life. Of course working directly with young people would be even better!

If you knew what you did on a day to day basis was having a wider impact wouldn't you be more likely to jump out of bed with enthusiasm?

Life's too short to spend a third of your time in a job you hate and where you spend all your time looking at the clock waiting for bedtime! Why not go for the option that has you jumping out of bed in the morning enthusiastic for the day ahead.

Follow your passion

and make 2009 a year to remember!



What gets you out of bed in the morning?

Diets DON'T WORK!

Much of my time is spent re-educating clients that these new diets with fancy names are a waste of time. Yes, you will lose weight, but you will put it all back on again and then some- guaranteed! You're also likely to feel tired and lethargic too. Why? Because these diets slow your metabolism which means you don't burn as much fat (therefore the reason why weight is put back on once you come off the diet) but do lose muscle tissue and brain cells! That's in addition to the potential damage to your internal organs.

There is no quick fix to good health and weight loss and there are still 4 steps to being healthy and energising your body.

Step 1: Attitude – a positive one

It is sometimes deemed to be uncool to want to be fit and healthy and cool to pile poison into your body!?! In my teenage years, I was often laughed at when I said I was going to the gym or when I'd refuse a cigarette. I remained focused on my own lifestyle and when I see those who laughed at me now, I'm glad I made that choice. You must want to change and you must want to be healthier.

Step 2: Eating Habits

It is widely documented that we need 5 portions of fresh fruit and vegetables per day and to keep hydrated with plenty of water. These foods are packed full of antioxidants, nutrients, vitamins and minerals which are essential for our bodies to function properly. Recent research now says we require 7 – 13 portions to fulfil our body's needs.

Step 3: Regular Exercise

Increasing your activity levels will improve your fitness, increase your health, muscular strength, cardiovascular fitness, bone density and will help burn more calories which will help lose body fat. Your body will be fitter and stronger and you will feel great.

Whether this is following a fitness program designed by a qualified trainer, going walking, jogging, cycling or swimming, or playing sport with friends, it is recommended to get at least 1 hour of exercise 3-5 times per week.

Step 4: Consistency

Good health is a lifestyle change, not something you can achieve by a few weeks of cutting out certain foods or going to the gym for a couple of weeks. This is a long term commitment that will help you become a healthier and trimmer you.



Be Fit & Healthy Not Skinny & Tired

It's funny, before this 'current climate,' I didn't know that the economy had a temperature, a whole eco-system to itself it seems. Now all of a sudden, just hearing the phrase 'the current climate' brings with it a sense of thick, low clouds and a definite drizzle.

Words - they impact on our thoughts, affect our feelings and manipulate our moods.

Let me show you what I mean, not so long ago I noticed myself using the words 'try', 'trying' and 'tried' on a fairly regular basis. All this 'trying' brought with it an element of doubt in my mind. Perhaps it wouldn't work, maybe I couldn't achieve what I wanted, what if something went wrong? The more I thought about it, I realised that all this furrowed-brow thinking robbed me of the confidence needed to get the results I want.

Enough trying! It's time to allow dreams to establish their roots. When roots are strong then temporary interference, like weather change, can be resisted and overcome.

So, I've replaced the word 'try' with other more exacting words, and as a result I've been more assertive. For example, instead of saying, 'I'll try to write this article,' I thought, 'I'm going to play around with some words on the page, allow my imagination to write what it wants and explore what comes out at the end. Then I'll take it from there...'

It's amazing how different the world can be when you change your vocabulary – not only what you say to yourself but to others too.

I'd be interested to know how words affect you, your friends and your family. Why not start by cutting out a word that you currently find 'trying,' I'm sure you'll be delighted with the climate change.



NOW WORDS CAN FORECAST BRIGHT RESULTS

Can it really be that simple - just three steps to not being like your parents. In fact, almost anything you want to change can be that simple. But...a word of warning, simple isn't always easy! All things take practice - even Beckham's goals!

Step One

First, remember some of the good things about your parents. It's good to start anything focusing on the positive, otherwise the negatives in life seem tougher. So, no matter how small or large, think of one good thing.

Next, think of one thing about the way your parents treat you. One thing that you would change if you could.

What one thing would you do differently to avoid being like your parents? That's the 'One Challenge' - the start of your journey to being different to your parents.

Step Two

This is where you discover how you are going to be different. And how it will change your life.

Think about that 'One Challenge' - why does it annoy you so much?

To avoid being like your parents, you'll have to do something differently. How would you transform the One Challenge? What would you do differently?

That action is your One Change. What difference would that Change make to your life?

It's easy to say what you want others to do something differently. But what would happen if you made that Change?

Step Three

When you want anything to change, you have to change it yourself. Even when you want other people to change.

Consider this... YOU change. If you want them to stop yelling, show them how - by not yelling. If you want them to stop nagging, then you try not nagging them. You think you don't nag them... take a second look, you'll find that if they do something, you do it too.

And there's a simple reason why you do everything - or pretty much everything - that your parents do. It's because you learn from your parents. The first people you learn from are your parents. You copy them. It's so easy to copy what you see everyday that you don't even notice you're doing it. But it happens all the time.

So, real change starts with YOU. Because you are the person who wants to be different

Start now. It takes patience. You may get it wrong once, twice or ten times. But there is a trick.... Practice! It really does work. Habits take a minimum of 28 days to change. So give yourself the 28 day challenge.



ALL THINGS TAKE PRACTICE
- EVEN BECKHAM'S GOALS!

You are what you eat

What you eat affects how you feel, your moods, ability to concentrate and energy levels. So the type and quality of the food you choose to eat will reflect how good you feel each day. As with your computer, if you put garbage in, you'll get garbage out!

Food manufacturers are able to produce foods which sound and taste appealing, but if you know what to look for on the label – you can spot some poor quality ingredients.

For example, a beefburger which clearly states that it is 100% meat on the label sounds perfect. If it is cooked well, this 100% meat burger can be tasty. But, all is not what it seems. Most people when they see the word “meat” think of a lean piece of steak or joint that you might have for a Sunday roast. However, to food manufacturers this is not what it means. Food regulations allow the makers of sausages, burgers pies and other meat products to use other parts of the animal in their definition of “meat”. They use flesh, diaphragm, heart, skin, sinew, pancreas, thymus gland, kidney, tail, tongue, liver and gristle – and are allowed, by law, to call this “meat”. The law also allows food manufacturers to add as much as 15% water and up to 35% fat and still label the burger as 100% meat! If you enjoy burgers, you may want to start cooking your own, using lean mince. At least you know what you are eating!

Natural yogurt is a wonderful food. However, food manufacturers have created flavoured versions by adding natural sounding ingredients (such as fruit, nuts or muesli) and selling it as a “health food”. Look at the ingredients and find the words “modified starch” or “maltodextrin”. This is a refined starch, added to many foods (not only fruit yogurt) as a cheap filler. Another term for this starch is glue. (Did you ever make glue from flour and water?). This glue is tasteless and colourless which is why flavourings, colourings and sugars are also added. The best way to eat yogurt is to buy natural yogurt and add your own ingredients for flavour sweetness and crunch – chopped or flaked toasted almonds, mashed banana, crushed raspberries, chopped dates, raisins or apricots, sunflower and pumpkin seeds.

If you swop poor quality, cheap, foods for fabulous real foods – just think how good you will feel!?



FOOD AND MOOD - ENERGISE YOUR BRAIN AND BODY

How to Speak with Impact

There is a lot of training and advice out there about how to address groups of people, giving presentations or lectures, but little on how to achieve results through everyday conversations. If the principles laid out in this short note, normally taught as part of "presentational" training are applied to all speaking, the impact can be out of all proportion to the effort needed to achieve it.

To achieve impact, one has to consider three different actions, and then get the right balance between them. The three actions are: Inform, Influence, and Entertain.

Let's start with "Inform". This means "to pass information", but to achieve this you must know what "information" is. Definition (from Information Theory): Information is the reduction in uncertainty. If asked a question, answer it. If it has a Yes/No answer, answer Yes or No, and then amplify as required.

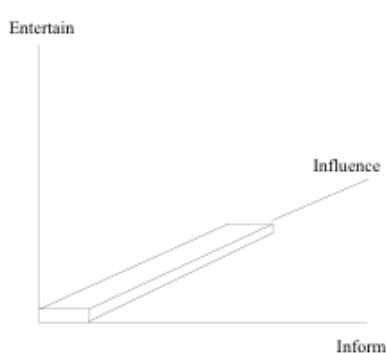
Moving on to influence, you need to be clear just what influence you are trying to achieve, so think about how you want to change your listener's attitude or behaviour. This is your aim at a selection interview. Set yourself the task of influencing the interviewer to choose you for the job, and then do it by passing them the information they want.

The final leg of this triangle is "entertain". This does not mean that every conversation you have has to be a song and dance act. The occasional injection of (appropriate!) humour rarely does harm; too much of it, particularly when someone is looking for information very often does, to the point where it becomes irritating. "Entertain" in this context can also mean "not boring", so don't be.

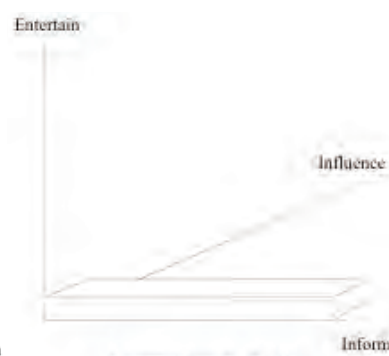
Finally, having sorted out inform, influence and entertain, think about the balance between them just before every time you open your mouth, then make a real effort to get it right. You will be amazed at the results when you do.



The triangle: Inform, Influence, Entertain
Where is what you have just said on it?
Mark it with a great big X.
Is that where you wanted it to be?



A sales pitch (or your next interview!) in 3-D.
Maximum effort is devoted to "Influence".



A normal lesson in 3-D.
Most of the effort is to "Inform".



When you feel angry and defensive it is normally driven by your ego. Designed as a primitive form of survival based on fight or flight by releasing chemicals, the ego encouraged us to protect ourselves.

Modern day living means the sudden rush of emotion driven by our hormones can cause devastating effects on the way we communicate with each other.

When people feedback to us we react emotionally and we tend to blame that person for the way WE have chosen to feel, allowing our emotions to take control and, therefore, acting as a victim.

There is not right or wrong in life. We are all uniquely different so when someone communicates with you, you have to evaluate how relevant it is to you and how much is their emotional baggage. Either way you learn about yourself and about them.

It is only human to feel emotions so when you feel them getting the better of you, take a deep breath, count to 5 and with a smile imagine taking your ego out in front of you and giving it a playful slap to break the pattern. Then think about the situation factually as if you were not involved.

Pulling people into your point of view does not last long and fighting with them only exaggerates the situation as their egos kick in. Breaking the pattern of anger or defensiveness by trying to understand them and their needs is much more effective in getting what you want.

Your ego is useful to warn you about difficult situations but don't let it control you. Befriend your ego, don't become its slave.



BEFRIEND YOUR EGO: OR PRIDE BEFORE A FALL!

Embrace life. Live, laugh and love often. Be true to yourself and hold no regrets.

Learn from experiences be they good or bad. Make something positive from all that life throws at you. This is evolving you and your awareness.

Take time for yourself and the beauty around you.....walk barefoot in the sand.....feel the wind on your face.....listen to the rain.....absorb the colours you see.

Life is what you make of it, no regrets, no if only.....believe in yourself. You make the ultimate decision and you are guided along the way. Listen to your heart. You have all the answers within you.

It's not all plain sailing, but the ups and downs along the way.....learn from them. Don't hold onto the negative, find the positive from all. Trust it is always there, although not easy to see at times.

Remember life is what you make of it. Embrace life. Believe in yourself, live, laugh and love often, be true to yourself and hold no regrets.

NO REGRETS



CONTRIBUTORS

Alison Smith	alison@alisonsmith.eu	www.alisonsmith.eu
Amy McDonald	amy@ctuonline.co.uk	www.creativetrainingunlimited.co.uk
Anne Betts & June Mitchell	info@piecenlp.com	www.piecenlp.com
Bernie Hewitt	bh@bernhew.com	www.bernhew.com
Brian wood	think@themessagecollective.com	www.themessagecollective.com
Chris Fenn	eat4success@chrisfenn.com	www.chrisfenn.com
David Hyner		www.stretchdevelopment.com
Denise James	Denisej3@hotmail.co.uk	
Fergus McClelland	Fergus@vocaltrademark.com	www.vocaltrademark.com
Gavin McCann	aztecpersonaltraining@hotmail.com	www.gavin.4juiceplus.co.uk
Jennifer Hurley	Jenniehurley1@yahoo.com	
Joan Charles	joan.charles@btopenworld.com	
Judy Barber		www.judybarber.net
Kenny Harris	kenny@kennyharris.co.uk	www.headsurfing.com
Mel Harris	mel_harris@thetrainingtree.co.uk	www.thetrainingtree.co.uk
Mike Berry	mike@dynamicmike.com	www.LifeWillNeverBeTheSameAgain.com
Mo Shapiro	mo@inform-global.com	www.inform-global.com
Nadene Canning	ncan@via2.ch	www.via2.ch
Neil Dorward	neil@bespokecivilceremonies.co.uk	www.neildorward.com
Sylvia Tillmann		www.wanttobehappy.co.uk
Yvonne Hall	yvonne@yhallconsulting.com	www.hallconsulting.com

designed by:

the message* collective

brand building

online design

printed communication

digital marketing

display environments