

Your Hour of POWER



Richard Branson

Why is it that at this time of year we always make promises to ourselves that we can't keep?

January for most of us is the month of goal setting and why not it is a truly useful thing to do. However somewhere amongst all those other goals of *"I must take action to build my business"*, *"I must get that promotion"*, *"I must spend less and achieve more"*, I must, I must, I must... somewhere buried in there everyone puts *"I must get fitter!"* Whether getting fitter to you is going to the gym once, twice or three times a week, walking/running to work or training for the London Marathon, it really does not matter. We immediately make certain associations that seem to go hand in hand with *"I must get fitter"*, like *"I must renew / get a gym membership"* or *"I must dig out my bicycle that has been buried at the back of the garage for all those years and finally fix the puncher and fix the brakes"*. etc. Is it any wonder that we rarely fulfil any of our fitness goals?, as all we do is immediately put up barriers and obstacles such as 'extra expense' and 'all that extra effort', when really the answer can be so very simple indeed, to achieve your fitness goals you need to condition your mind before your body.

Having worked as a Personal Fitness Trainer for many years, I have always been in peak physical fitness. A couple of years ago I took time out in pursuit of a new career, this led me to experience everything from office based work, to medical sales out on the road, through to manual work in electrical installations. During this period I not only gained much experience I also learned and better understood the challenges that my clients had to overcome, like managing their time to include a period of exercise or physical activity each and everyday.

So I found myself in a similar situation to most, not quite as fit as I used to be and little motivation to get back in shape. The first thing I did was to get motivated and the only way I know how is to set a clear goal. In 2006 I set the goal of the London Triathlon, I had never previously entered a Triathlon in fact I couldn't even swim. The other thing I adopted was a training regime. I was fortunate enough to be introduced to a motivation CD by Anthony Robbins called *"Get the Edge"*. Now this is a fantastic regime, simple and very effective, he calls it **"Your Hour of Power"**. All you have to do is put your trainers and tracksuit by your bed, set the alarm 15, 30, 45

minutes or an hour earlier than usual. As soon as you wake, jump out of bed and head off for your morning walk. This should ideally consist of an hour but for those that maintain that there are not enough hours in the day, start at 15 minutes and increase over the weeks. The main focus is to exercise your body, however the first 15 minutes is time for getting your mind, body and spirit aligned.

1. Move and Breathe


2. Get grateful for everything you already have eg. Your health, home, family, that you can see, hear, taste, smell...many things we take for granted.

3. Visualise yourself in the place you want to be, maybe in a new home or new career.

4. Visualise your day - If you have a meeting visualise the outcome you would like to see.

If this has tempted you to try it for yourself go to www.wellbeingmagazine.com/hourofpower to read the full instructions.

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