

## **YOU CAN CHANGE THE WELLNESS OF THE WORLD**



**As I sit here and write this article at 10:20am (Melbourne, Australia), June 21, 2009 the current world population, according to the U.S. Census Bureau, is 6,787,897,147 and growing at a rate of 150 births per minute! That equates to 216,000 new people per day and just under 80 million per year! Does that blow your mind or what?**

I want to share something else with you that will blow your mind even more – You have the power to change the wellbeing outcomes of millions of people around the world for many generations to come! Do you believe that? Let me explain how this works.

Have you ever heard that you can't help anyone if you don't first help yourself? In fact, when they go through the pre-flight safety procedures on aeroplanes they always tell you to put on your own air mask before placing it on your children. Why? Because you are more important than your children? No, because you can't help your own child if you can't breathe!

I know that if you are reading this, you would like to have greater wellbeing for yourself in some way. I also know something that you may not know. You are influencing other people by your actions. Did you know that there are people watching you all the time; your children, your partner, your family, your friends, your work colleagues and even people that you don't even know. They are looking at you and being influenced by your actions. If you are a parent you will understand this already – are you frustrated trying to get your children to eat breakfast? Do you eat breakfast?



## **The Challenge**

My challenge for you is to make the decision to **have greater personal wellbeing** and focus totally on yourself. Make some simple daily decisions like:

1. Choosing to eat breakfast everyday
2. Choosing to be happy and look at the positive side of all situations
3. Choosing to be solution oriented
4. Choosing to eat more fresh and natural foods
5. Choosing to drink more purified water
6. Choosing to exercise more
7. Choosing to be grateful for what you have
8. Choosing to eat less processed foods
9. Choosing to talk about only what you want
10. Choosing to believe you can achieve anything you want with some consistent effort

## **The Benefit**

What you may not realise is that by you making these simple decisions and changes you will influence others. They will be watching you saying; *"if you can do it, then I can do it too"*.

So just think about who may be watching you - even if you only inspired just one person to make some healthy choices. Who would they influence? Think about your children and grandchildren and beyond. You will start a chain reaction that will positively impact millions of people for generations to come!

You will achieve all this from just one simple decision that you make to have greater personal health. Could you help reduce the devastating statistics that are the scourge of the modern day? Could by your actions you influence someone that could prevent cancer, heart disease or diabetes in their life? Could you influence someone to be happier and look at the positive side of life?

You have magic inside of you and as I have written in my e-book of the same title you are 'Powerful Beyond Measure'. If only you could believe it and just worry about the one person who is most important in this whole process – **YOU!**

As Marianne Williamson wrote in her book 'A Return to Love', and quoted by Nelson Mandella:

***"... We are all meant to shine, as children do. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."***



**Go and change the world!**