

WHAT IS YOUR GREATEST ASSET?

Is it your home? Is it your business or your investments? Is it your family? Could it be you and your health? Whilst many people will say that their wellbeing is their greatest asset, they certainly don't treat themselves that way. If you really understood that you are a valuable asset that will appreciate or depreciate depending how you behave, would you make different choices?



Short Term or Long Term

When you buy a property you are under no illusions that it will be an asset and potentially a very valuable one, but not overnight. We all know that to be in a position to own a property outright will take in the vicinity of 20-30 years for most people. The same applies with superannuation, shares and business – we understand that creating and developing an asset is a long term proposition and so we patiently dedicate ourselves to the process.

The problem is that many people are not around long enough to enjoy the fruits of their labour and patience because they don't treat their most valuable asset, their wellbeing, like they treat their financial ones. They don't treat it with care or give it the consistent attention it requires. We know that with Financial investments we can predict and foresee a measurable result after a period of time. When it comes to our wellbeing this is more difficult. For some reason we are far more short sighted in this area - we look at ourselves as we are today and just think we will be okay in the future. It is a tragedy that there are a devastating number of people that have taken that attitude with them to a premature condition, illness or even death. Don't let this be you, take control NOW!

So, is your wellbeing your most valuable asset?

You may have noticed I am not going to mince words here and I don't even care whether you agree with me or not! I just want to be very clear because it is your life at stake! If you rated yourself out of ten for wellbeing what would it be? Your wellbeing includes; your nutrition plan, exercise habits, lifestyle habits (smoking, alcohol and other social activities) stress levels, sleep patterns, time doing things you love and good relationships. Stop now, think about it and give yourself **an honest** score out of 10.

How did you go? How do you feel about your score? If you were to keep doing the things you are currently doing over the next 10, 20 and 30+ years what is the investment going to look like? Will it be giving you the return you want or will you be one of the statistics? Who and what will be impacted as a result of your current wellbeing investment plan? These are questions that I urge you to consider NOW.

What is Most Important to you?

You may still be wondering whether it is worth investing in this asset or even whether your health really is an asset. So think about what is most important to you right now and let's investigate how your wellbeing will impact this.



Is it your career? Do you think you would be more productive, be more dynamic & creative, be more satisfied & fulfilled and make more money in your career if you made a small investment in your wellbeing?

I had a client who was grossly overweight and on a path leading to ill-health. In our first session together I didn't assume that he wanted to lose weight and be healthier I simply asked him how I could help him. He said to me "I guess I need to lose weight". I asked him why and he responded; "because I keep getting told that I should". "Is that what you want?" I asked. "Not really" he replied, "it doesn't bother me that much". Many people have the same attitude towards their health. I asked him what was important to him and he told me it was his business. He loved what he did and if he could be more productive he would do anything. Bingo!! We talked about how the benefits of being leaner, fitter, healthier and more energised would positively impact his business in every way. He got it and is a much healthier person as a result!



Is it your family? Do you want to have healthy and active children? Do you want to be able to do things with your children, grandchildren and maybe even your great grandchildren? Do you want to have the energy & wellbeing to be able to spend quality time with those you love?

I tell this story often, but I will tell it again. I used to live in an apartment building and was inspired a man in his mid to late 60's who trained regularly in the gym in the building. One Monday morning we were training together and chatting about our weekend. He told me that he had been away at his beach house with his children and 9 year old grandson. As he told me this he sighed and looked a bit disappointed. I asked him what was wrong and he told me that on the Saturday he went for a run on the beach with his grandson, who beat him! He was devastated that he was beaten by his 9 year old grandson!! Go figure! Would you like to be able to run on the beach with your 9 year old grandson? I would – in fact it is my vision and something that I write down everyday. For me it is a bit more challenging because I am currently 45 with no children!! Do the maths! It will be done and it will keep me focussed on my health & wellbeing for many years to come.



Is it your confidence and self esteem? How would you feel about yourself and your ability to achieve anything if you were leaner, fitter, healthier and more vibrant. Do you think you would be a more attractive and confident person? Do you think you might be an example to others and help them in their lives?

Is it your financial situation? Most of us would like to have more money. Is that important to you? Do you think if you had greater health and vitality you would be more enthusiastic and motivated to be better at your job or career? Would that increase your chances of a pay rise or promotion? What about if, because you had more energy, you were able to invest some time to set up alternative income streams that could fastrack your financial independence? Would that be worth some investment into your wellbeing asset?



Is it your lifestyle and leisure activities? What do you love to do when you are not generating an income? What are your passionate pursuits? Are you a golfer? A skier? An artist? A writer? A runner? A horse rider? A reader? A dancer? A party goer? What gets you excited? Imagine how much more you could fully participate and how much more joy and fulfilment you would get out of these passionate pursuits if you had greater wellbeing and vitality.



Do you think that recognising that you are an incredibly valuable asset and investing some time in your wellbeing may be worth considering?

How much do you value yourself?

What value would you put on your eyes? What if you didn't have them? Are you treating them as an incredibly valuable asset or not? Have you thought about the value of your heart? How would you be impacted if it stopped working? Would it worth a small investment of time and money? Do you treat all of your body parts as if they were irreplaceable and invaluable or do you put them down the priority list behind the urgent things in life?

It really is time to get over the fact that you may be extremely busy & important and think you don't have time for your wellbeing. The reality is if you don't make time for prevention and optimal health now you will be forced to find the time for disease down the track. Which would you prefer?

It is so simple to be healthy

It really is! All you have to do is make a decision to make some different choices. At the end of the day your level of wellbeing and vitality is the result of the simple choices you make on a daily basis. I am sure you know what the simple steps are - the question is will you start to take them and keep taking them with the knowledge that they are leading to, not just greater wellbeing, but greater joy in every area of your life?

WOULD YOU AGREE THAT YOUR WELLBEING IS MOST DEFINITELY YOUR GREATEST ASSET?

***** Please send this to people you care about!***

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October 29, 2009
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