

LOOK AFTER THE INSIDE ...

The outside will take care of itself!



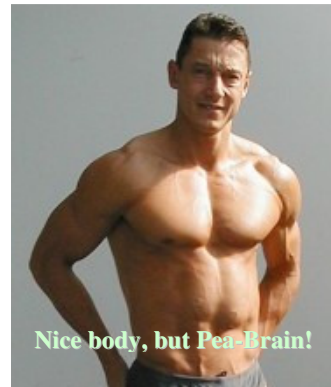
"You look different—have you been evolving or something?"

Have you ever wondered why there are wealthy people that never have enough? What about people that continue to spend money on plastic surgery but are never happy with their look? Have you ever seen people that work incredibly hard on their beautiful bodies yet still think they are fat and feel bad about themselves? Have you ever known people that are so concerned about how

they look on the outside that they totally lose sight of who they really are, what makes them unique and what makes them truly happy? Well, that was me!

When I was sacked from the St Kilda Football Club back in the late 80's I was an immature 23 year old - I foolishly took the sacking personally. It was a massive blow to my over inflated ego, particularly when I was already self conscious about being too skinny! My pea-brain deduced that if only I could create the 'perfect body' for myself then all would be okay - I would be happy, confident and successful! So I got to work and boy was I obsessed! I trained ridiculously hard and so compromised my good health. I ate food that I didn't really enjoy, but forced myself to because it was all part of the 'perfect me' program. I became a dysfunctional and anti-social freak who was often tired, sore and cranky ... but boy did I have a great body!!

My body was my identity. I wore skin tight t-shirts and I loved it when people told me how great I looked and I craved it when they didn't. When the more evolved people didn't gasp in awe of how fabulous I looked my immediate response was what is wrong with me? I need to work harder to look better (pea-brain remember!!). So I worked harder, got more ripped but something wasn't right. I wasn't any happier at all, neither did I feel any better about myself - in fact if anything I was more insecure and more miserable. I just didn't get it!



Focusing on the outside will always leave us empty.

It finally hit me, as my mental, emotional and physical exhaustion started to take hold, that this is a futile endeavour. I realised that it didn't matter how great or successful I looked on the outside it would never give me the peace of mind, the happiness, the wellbeing, the fulfilling relationships nor the self-love I was looking for - all it did was leave me feeling even emptier than before.

I see it everyday and everywhere I look; people are convinced by society, media and their circle of influence that success is all about the car they drive, the clothes they wear, the way they look and the places they travel - and so this becomes the pursuit of so many. So why is it that even when we have the car, the house, the money, the body, the nose, the lips, the butt, the partner that we think will make us happy we are still so unfulfilled? Because my friend, the secret lies on the inside!

Becoming beautiful on the inside



I decided to start to focus more on the real me – the me that had nothing to do with the way I looked. I started to think about how I wanted to feel about myself, how I wanted to live, how I wanted my relationships to be, how much vitality I wanted and the difference I wanted to make in the world. What I found was that the secret to all these things lay in my ability to look after me on the inside.

I started to work on my self esteem and slowly I began to realise that my worth was much greater than the way I looked. I

realised that my strength lay in my ability to be happy the way and am and to help others realise the same. As challenging as it was, I cut way back on my training and I started to eat in a more moderate, enjoyable and healthy way that was far more about better wellbeing than about being 'ripped and rock hard'. Very interestingly this significant reduction in exercise more moderate approach to eating still kept me lean and looking great. The difference was now I was feeling better about myself - I didn't really care if I had the 'washboard abs' anymore. My energy levels increased, my skin quality improved, I was more happy & productive and I began creating more success and fulfillment in every area of my life. All because I focused on the inside instead of obsessing about how I was being perceived.

The outside is always a reflection of the inner person

In my life and career I have met so many amazing people. I have met people who are incredible **but** don't believe it – they are always trying to have more, be more and look better and at the end of the day remained unfulfilled. I have also met people who are incredible **and** they know it - they are happy and fulfilled. They don't have the best bodies, nor do they have the most money or the nicest car but they know their worth and the value they have in their own lives and the lives of others.

Think about it; who are we more attracted to, the person trying really hard to be noticed by what they are wearing or the person who just has that incredible aura and inner glow of joy? I heard a fantastic quote recently; ***"Joy is the best thing you will ever wear"***

When we finally decide to worry more about what we are putting into our body, mind and souls and focus on joy the sooner it will be reflected with what shows on the outside. Life is too short, start today!

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