

# The Turtle on a Fence Post



If you ever are ever walking along the road and happen to glance over and see a turtle on a fence post I am sure it would raise some questions. The first and most obvious question would be, 'how did it get there?' When you think of the anatomy of a turtle and the size, shape and surface of a fence post you would quickly realise that it would be physically impossible for him to get there by himself ...

So what? I hear you saying! What has a turtle on a fence post got to do with me? Bear with me and let's work through this together and hopefully by the end of this article you will get it and feel empowered, excited and positive about things that may be scaring you and/or holding you back right now. So again, the question is how did the turtle get on the fence post in the first place? We have already concluded that he didn't do it on his own and so there can only be one logical answer – someone lifted him up and placed him on the fence post. Agree?

Here are a couple of other questions to help you understand the significance of this. When you see a famous entertainer, author or athlete how did they get there? When you look at the person who is the CEO of your company or a successful business person in an industry similar to yours how did they get there? When you see someone at the top of their field or who has achieved something, anything, that you would love to achieve – how did they get there? The answer to this question, if you get it, will set you free!!



## **No one achieves success on their own**

You may be sitting there thinking about that 'one thing' in your life you would love to achieve; whether in business, financially, in your relationship, with your health & fitness or any other aspiration for success you may have. You are

possibly also thinking to yourself, 'I could never achieve that', whatever 'that' is for you. Do you know that you are 100% correct – you can never achieve it **on your own!** Just like the turtle could never get on the fence post **on his own** or like any successful person, who you admire and would love to emulate, never got to their place in life **on their own.**

Isn't that incredibly amazing news? Well, it is! It means that you don't just have to rely totally on yourself. It means that you don't have to know everything or be the most talented. It means that if you can find a team of the right people to help you and lift you then you can get to any position, no matter how impossible it may seem – just the like the turtle on the fence post! Please don't get me wrong, I am not saying that this team of people will create your success for you. Your success is your responsibility and you have to take ownership to do what needs to be done, but don't kid yourself, without the right people around you the journey would not be possible.



Would Sir Edmund Hilary ever have made it to the top of Mt Everest without a very talented and encouraging team of people around him? Would your favourite sports star ever have achieved their dreams without coaches, team mates and support people? Could Donald Trump, Richard Branson or Bill Gates ever have achieved what they did without mentors, family support, accountants, lawyers and a myriad of other staff and people to help them? The answer is 'no'!

### Put together your dream team

So, what do you really want to achieve? Do you just want to lose weight and be healthier? Then you will need to find a team of people who can help you with that goal; a personal trainer/mentor, family and/or friendship support, someone to give nutritional guidance as a starting point. Do you want to start your own business? You will need a business mentor (someone who has done what you want to do), an accountant, business partners (possible), supportive family and friends as a bare minimum. No matter what you are hoping to achieve – no matter how big or small - you need help.

In my opinion the first person you need to add to your dream team is someone close to you (your partner, a close friend or family member) who will encourage you at all times. The next member of the team needs to be a mentor or coach, ideally someone who has done what you are trying to achieve and can help you take the right steps. From there you will work out who else needs to be a part of this very special and very important team.



Now is the time to get excited. Now is the time to understand that anything is possible for you. Just like the turtle, you can get to places you never thought possible - all you need is the right attitude, the right people and the right help. Get out there and start working towards getting on that fence post and have a fantastically paradigm shifting week.

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