

*WHEN YOU LOSE YOURSELF IN AN INTEREST  
YOU LOVE YOU FIND YOURSELF*

# ENJOY BEING YOU NOW

**THE ROCK ON WHICH  
YOUR LIFE IS FOUNDED**



**BY PETER NICHOLLS**

Photo: Arthur Brognoli - Pexels

# ENJOY BEING YOU NOW

## The Rock On Which Your Life Stands Strong

Research tells us we are fatigued by a constant flood of online information. We currently have a span of attention of 2.5 seconds (1.7 seconds on a smartphone). And a wise man once said, 'a person of few words is listened to more intently'. The messages that follow here are in what I call 'tile' form, to help ease your information fatigue.

They all reflect one key message – "now, more than ever, it is time to take stock of self, go back to the basics of who you are and what makes you tick as a unique individual".

In short – "Enjoy Being You Now"

While the world is going through the most dramatic and extensive change in its history, one fact remains unchangeable – the inner you, your talents/gifts and passions with which you can achieve a potential unattainable by anyone else. It's the rock on which your future will always be strong in this strange new changing world.

*"When you lose yourself in an interest you love, you find yourself"* has been the basic theme of my 18 years (so far) work as a Life Enjoyment Mentor. It was drawn from my previous near-30 years as a Recreation Planner, helping people improve the quality of their favourite recreational activities.

You can find more about me, what I do and the services I offer on the last page of this ebook and at any of these locations:

- **My LinkedIn Profile** : <https://www.linkedin.com/in/lifestylementor/>
- **My website** : [australiaspeoplegardener.com.au](http://australiaspeoplegardener.com.au)
- **My Facebook page** : <https://www.facebook.com/PeterNicholls4/>

Settle back now and enjoy being the real you as you progressively absorb each of the following message tiles.

Sincerely

**Peter Nicholls, your Life Enjoyment Mentor**

Adelaide Australia  
September 2021

**Q: WHAT PAIN DOES  
ENJOYMENT EASE?**

**A: THE PAIN OF LACKING  
ENJOYMENT.**

*Fun gives us a break ...  
enjoyment (re)generates  
our life's purpose.*

Ask me about my  
3 x 90-minute  
"Enjoy Being You"  
program



**Peter Nicholls**

Life Enjoyment Mentor

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# THE WORLD OF 'WHAT'S IMPORTANT' IS DRAMATICALLY CHANGING.

OUR PRIORITIES, WHERE WE  
PUT OUR ENERGIES, THE  
WORK WE DO, WHO WE LIKE  
BEING WITH, WHERE WE FIT  
INTO THE SCHEME OF  
THINGS...AND MUCH MORE



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*Now, more than ever, 2021  
is the year to*

***BELIEVE IN YOURSELF.***

*That means enjoying putting  
purpose into your passions and developing  
your natural gifts.*

*Be proud of the fact that people value  
what it is that makes you different.*

**Peter Nicholls**

**Life Mentor**

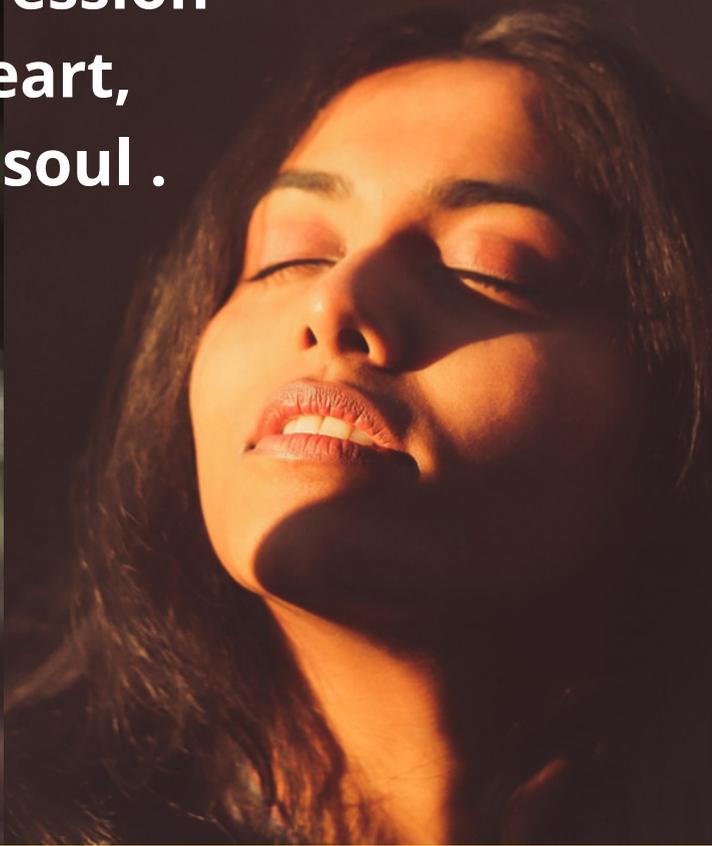
Helping you enjoy being your  
true self.

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**Enjoyment is  
more than a  
feeling. It is an  
active expression  
of the heart,  
mind and soul .**



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**Work with me to (re)discover  
what it means for you to enjoy  
being your true self**



**"Being who you really  
are is a risk worth  
taking!"**

**SHAUN HOLTON -  
CONTESTANT IN THE VOICE  
AUSTRALIA 2021**



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**Helping you to enjoy being your true self**



# BACK YOURSELF FROM TODAY.

*The only power you have is in  
this moment. Whatever your  
past history, use your now-  
power to decide it's time to  
enjoy being your true self.*



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THE CHILD YOU WERE  
IS STILL THERE



ASK YOURSELF

***"AM I THE ME I  
WANTED TO BE?"***



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Helping you to enjoy being your true self

# WHAT DO YOU ENJOY DOING?

Does it make you feel...  
energized?  
enthusiastic?  
empowered?  
enriched?  
expresses who you are?

What if that was  
your dominant  
feeling in your life!

**It's time to enjoy being your true self.**

**Peter Nicholls**

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# WHAT DID YOU ENJOY DOING BEFORE LIFE GOT IN THE WAY?

This could be the 'aha moment' that launches your new life adventure.

Enjoy bringing the real you to the surface with my online program.



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## OUR WORLD IS CHANGING

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**Our strength and sense of purpose has always come from doing what we love and enjoying being our true selves.**

*Now is a great time to reset and re-purpose where you fit in this emerging new world.*



**Peter Nicholls**

**Life Enjoyment Mentor**

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Ask about my 3 x 90-minute  
"Enjoy Being You" program



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**Looking for  
a change in  
your life's  
direction ?**

*The answers  
aren't found  
'out there'.  
They come from  
within you.*

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**Peter Nicholls**

**Life Enjoyment Mentor**

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A close-up photograph of a tulip field. The background is a dense field of green tulip buds and stems, slightly out of focus. In the foreground, a single, vibrant red tulip is in full bloom, facing slightly to the right. Its petals are layered and have a rich, saturated red color. The lighting is soft and natural, highlighting the texture of the petals and the green of the surrounding buds.

***It's time to  
enjoy being you.***

**Peter Nicholls**

*Helping you to enjoy being  
your true self.*



**In our first half of life we grow lots  
of greenery and new shoots.  
It's from mid-life onwards that we  
begin to blossom and bear the fruits  
of why we are here.**



**Peter Nicholls**

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Enjoy bringing the real you to the surface with my online program

**A recipe For enjoying  
strong personal growth:**

**Regularly fertilize  
natural-born  
talents/gifts/skills with  
passionate interests and  
mix often with positive  
like-minded people**

Photo: Nicola Pavan Unsplash



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**Work with me to (re)discover  
what it means for you to enjoy  
being your natural self**

ENJOY YOUR WHY

**Fun and  
pleasure lift  
our day.  
Enjoyment  
drives our life.**

*Enjoyment isn't an escape from life.  
Enjoying being our authentic selves is at  
the very core of why we are here.*



**Peter Nicholls**

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Photo by Teona Swift from Pexels

It's time to enjoy  
taking control of  
your life.

*Never more than  
now has the world  
needed your natural  
gifts, values and  
what you can do to  
make a difference.*

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For many, the greatest leap of faith is to enjoy being your natural self.

*Others may tell you what you 'should' do. Only you can decide what you enjoy doing.*



**Peter Nicholls**

Life Enjoyment Mentor

*Helping you to enjoy being your true self.*

*Enjoy being you -  
it's your ultimate  
in free choice.*



**Peter Nicholls**

Life Mentor

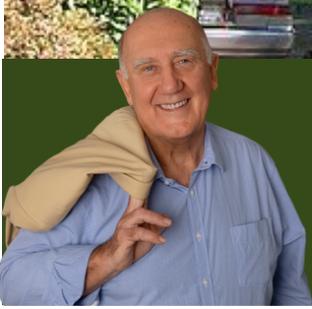
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*Helping you enjoy being your true self.*

*Imagine you were born as an acorn.*

# ARE YOU AN OAK OR A FRUIT TREE?

*Enjoying being your true self gives you  
all you need to fulfill your unique potential*



**Peter Nicholls**

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Helping you enjoy being your true self.

**ENJOYING BEING  
YOUR TRUE SELF  
EMPOWERS YOU IN  
ALL SITUATIONS,  
WHETHER OR NOT  
THE SITUATION IS  
OF YOUR MAKING**



**Peter Nicholls**

**Life Mentor**

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true self.

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**If your mind  
stands still  
it's going  
backwards.**

Enjoying being your true self includes always moving forward. Even just one conscious step forward takes your mind into fresh fields of thinking, re-awakening your untapped potential.

**Peter Nicholls**

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Helping you enjoy being your true self.

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# Enjoy being you

(the you only you know)

## ENJOY BEING

- Energized
- Empowered
- Enriched and
- Excited

Making life e-e-e-e-sier for you.

*Let's have a coffee (real or virtual)  
to learn how I can help you.*



**Peter Nicholls**

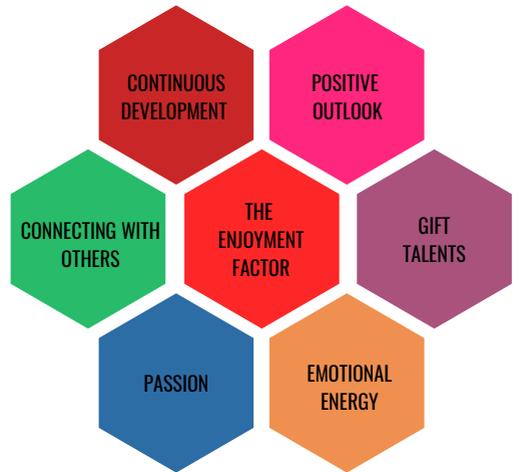
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Helping you to enjoy being you

# Invest in Yourself

***INVEST IN  
YOUR  
NATURAL-BORN  
ASSETS BY  
EXPRESSING,  
BACKING,  
TRUSTING AND  
ENJOYING  
BEING YOU***



***Love your difference***



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# PEOPLE IN TRANSITION ALWAYS WANT TO BETTER THEMSELVES



- Career change?**
- A new life somewhere?**
- Passing a "big 0" age?**
- Midlife crisis?**
- Planning for life after work?**

**What pain does enjoyment ease? The pain of not enjoying where you are in life.**

***When you lose yourself  
in what you enjoy,  
you find yourself***

**My 3 x 90 minute "Enjoy Being You" program (in person or via Zoom) gives you CLARITY of**

- **the experiences you have always loved and those you would love to re-create in a new life adventure.**

## THE SEVEN KEY FEATURES OF ENJOYING BEING YOUR TRUE SELF



## Why Peter Nicholls?

*At age 30, I left a desk job to work in recreation, helping people of all ages improve the quality of what they love doing. After leaving work, I found a new life as a Life Mentor. I continue to enjoy being me, allowing my heart to decide my best future. Which is to help you enjoy being you.*



**Peter Nicholls**  
Life Enjoyment Mentor

Email me at [peter@apg.life](mailto:peter@apg.life)  
or phone 0417 817 027  
to learn more.