

Why it's Time to Enjoy Being Your True Self

The Seven Key Features of Enjoying Being Your True Self



These 7 features of your life give you everything you need to maximize your life potential.

Any one of them can trigger the other six. Only you can activate the process. My program shows you how.

Gain clarity! Clarity of who you are and your unique natural strengths for living with purpose. Build a firm foundation on which to ensure your continuing personal growth and development.

Peter Nicholls

Life Mentor

Helping you transition to your new life adventure.

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No matter how much the world changes, the person you really are never changes. The best way of coping with the world changing is to lose yourself in an interest you love. Because when you lose yourself, you find yourself.

Why Now?

People are feeling lost. They are faced with a dramatically different world they couldn't foresee even a matter of weeks ago. People don't know what they need to know to survive and thrive – right now and in a post-virus era.

Now, more than ever before, people are realizing no-one else can take their future life journey for them.

People don't realize that no matter how much the world changes, your essence – who you really are – never changes. And that the best way of coping with the world changing is to lose yourself in an interest you love. Because when you lose yourself, you find yourself,

Why Peter Nicholls?

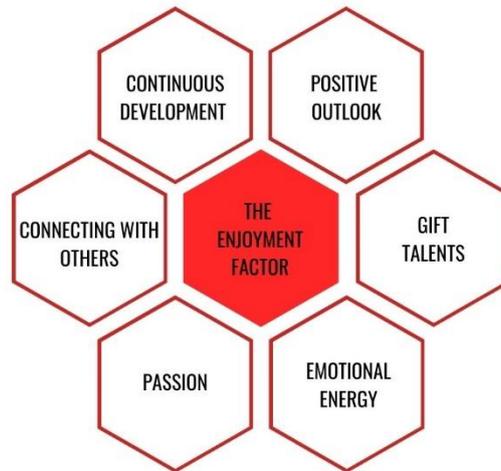
Forty years professionally helping people improve the quality of their lives through being their true selves in pursuing their recreation. Developing their natural gifts through freely chosen interests, unfettered by the expectations of others. Such people are more likely to develop a fully rounded life, including their work, than those who don't have such interests.

Having re-invented myself as a Life Mentor after leaving work, I continue to enjoy being me, allowing my heart to determine my best future for me. Which is to help you enjoy being you.

My Services

Speaking engagements, consultations (one to one and small groups) - online (global) and in person (Adelaide only) peter@apg.life mob: (61) 0417 817 027

The Seven Key Features of Enjoying Being Your True Self



The Enjoyment Factor

Enjoyable experiences are much more than simply having a good time. They actually energize and expand your growth.

The enjoyment factor is at the centre of the seven features because when you are enjoying life, the other six fall into place.

Experiences you truly enjoy express the real you. Only you can decide what you enjoy.

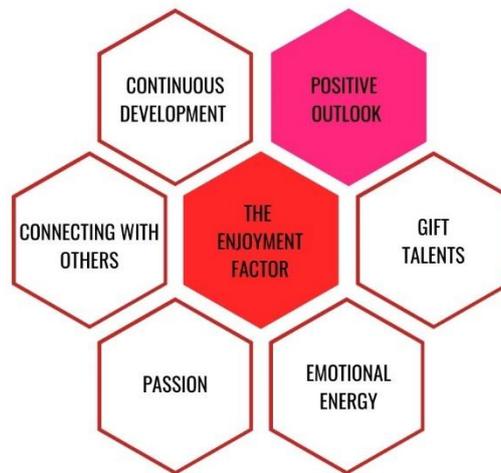
Enjoyable experiences lift your self-esteem, self-belief and self-confidence. Enjoy them often to sustain your resilience to cope better with the stresses of life.

The enjoyment factor has to be present in any physical exercise intended to meaningfully improve and sustain mental fitness.

Any workplace culture that doesn't include the enjoyment factor is facing problems, especially in these dramatically changing times.

The enjoyment factor generates the energy that drives your life forward.

Enjoy a Positive Outlook

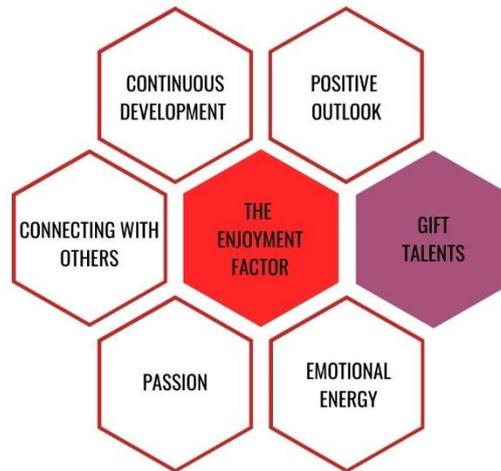


When could you be more positive than when you are totally “in the zone”. A passionate interest pursued for no other reason than the intrinsic enjoyment of creating the experience. An experience you have freely chosen, over which you have total control, creatively expresses your natural talents and develops your unique mix of skills and life experiences.

Having experienced hundreds of dealings with people in that frame of mind I have gleaned the existence of five basic features of positive human behaviour. Together they form a process that is consequential, interactive and which can be triggered in any one of the following five phases:

- The brain is processing information rapidly, enthusiastically, purposefully questioning in search of answers, creatively and expansively
- There is an energy driving the process, an energy of mind, body and spirit that is felt by other people affected by the experience
- The behaviour engenders high self-esteem, self-confidence, self-belief and a strong sense of self worth
- The experience expands the person’s personal growth and development, widening their horizons and causing their talents, skills and natural potential to blossom and flourish
- The behaviour is infectious, positively affecting people around them.

Enjoy Your Gifts & Talents



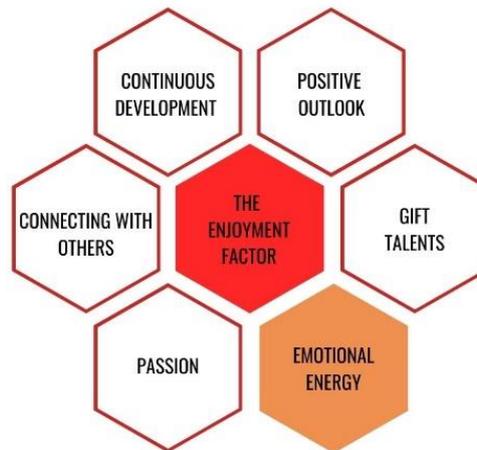
We all instinctively want to get the most out of the one life we have. Now more than ever we are uncertain what to do next. You were born with a unique mix of natural talents/gifts. They are at the core of who you are. They make you different to everyone else. They are your strength and give you what you need to stand out from other in the crowd.

However, it's a bit like money. You need to invest in your talents in order to gain the value they have the potential to offer you and the world. It's only when you actively use and develop them that you can achieve purposes bigger than you.

We may well be facing the prospect of a paradigm shift in human behaviour and demands. Business will need to think creatively in addressing those demands. What better time to invest in your uniqueness - who you are, the talents you've got and your individual approach to dealing with new opportunities.

What action will you take to ensure this happens for you now and in a post-virus world?

Enjoy Your Emotional Energy



Emotional energy can sometimes be the most crucial of all the Seven Features of Enjoying Being Your True Self. Put simply, if you keep burning energy without replacing it, you eventually burn out!

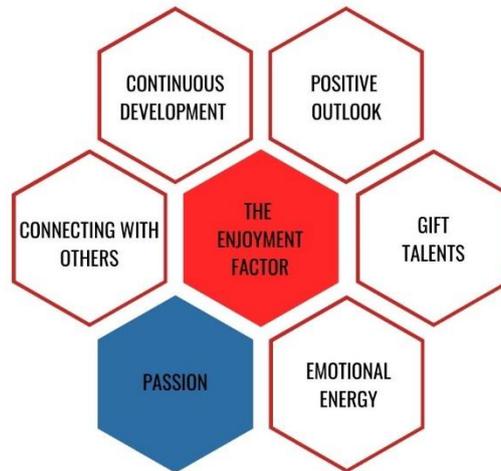
How do you get new energy? By regularly enjoying “energizing interests” - totally unrelated to whatever is burning up your energy levels (singing is a personal favourite of mine; ten minutes gardening for you perhaps?). It takes your mind totally off your problems while engaging it in filling up on new energy.

Nor is it a matter of making the time. While you can’t deficit-budget time, you can deficit-budget energy. In a small amount of time (even a few well-chosen minutes) you can generate enough new energy to keep you going for much longer periods of time. The more often you allow yourself time for your favourite energizing interest, the greater your resilience to cope with the rest of the week.

Develop a “renewable energy” habit from today. A constant flow of energy in...energy out...energy in...energy out.

Enjoying being your true self is more about managing your energy than managing your time.

Enjoy Being Passionate



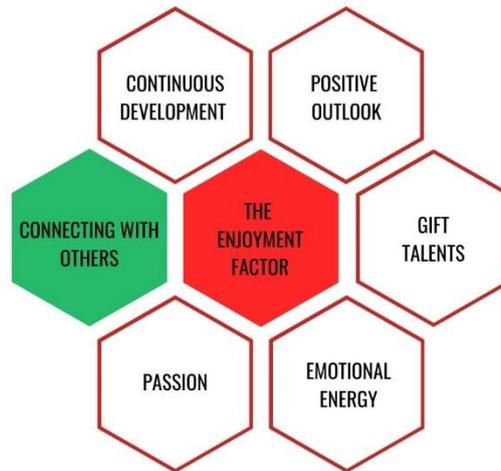
You were born with an unquenchable lifelong desire to maximize your natural gifts and talents, for your own development and growth, and to help others who need you.

Even in these uncertain times, your passions are never quelled. At worst they slip below the surface awaiting to be re-awakened and re-surfaced by your heart and soul.

A passionate interest is of course something deeper and more motivating than simply having an interest.

Others may of course share your passion but yours are unique to you and only you can truly unleash the benefits of that passion. They will lie dormant until you take action to allocate your passion to a purpose that you are passionate to pursue.

Enjoy Connecting with People



Never more than now have you wanted to feel truly connected with people you value ...and who value you.

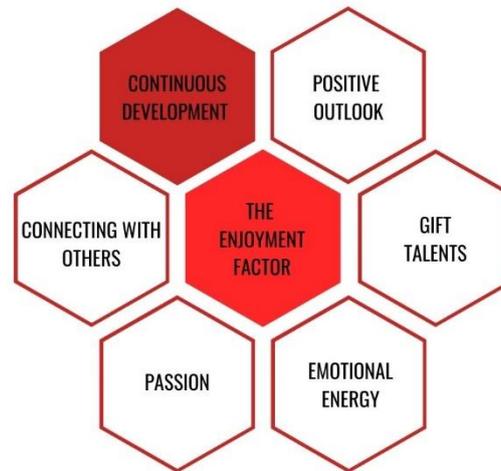
People who open doors to experiences you were meant to have, to interests you were born to explore, for successes you needed to share to achieve. It's not the number of connections but their depth and meaning. Mind to mind, heart to heart, soul to soul, passion to passion.

You enter and leave this world alone. Connection with like-minded others is the magic that gives your life purpose, develops your growth and sparks the love that fires you.

Connection is the mirror that synchronizes body language, develops trains of thought, triggers the aha moments that change your world... and mine.

Only when you meaningfully and mutually connect with like-minded others do you truly discover and enjoy being your true self.

Enjoy Continuous Development



We measure our age in years.... we measure our growth in depth. Let me explain that.

Lifecycles are typically shown as a bell curve indicating birth, growth, rising to maturity and then going into decline and eventually death. This leads to expressions like “over the hill”, leading to age discrimination and perceptions that ageing means ‘old’.

The reality is life is anything but a one-dimensional birth-to-death linear path. We gather an amazing amount of knowledge and experience along the way. Maturity brings with it an accumulation of deeper perspective not only on what is happening but why. From this comes a greater understanding of human behaviour, motivation and inspiration. We gain a new depth of insight and wisdom. The chase for wealth becomes overtaken by the desire to understand who we are, what we value, what we can meaningfully contribute to a world that means so much to us and, finally, what legacy we want to leave.

In an era of an ageing society it becomes essential we rid ourselves of the concept of ‘old’. When does old begin? When you become a parent? quit competitive sport? have been living 15 years longer than people you know? Old is a perception only, usually negative and usually of other people.

In our efforts to maximize each of the Seven Features, the outcome we achieve is something bigger than the product of the individual Features. As the years roll by you get to know yourself better and hopefully by now you feel different to and valued by others. Can you put it in words? For example, my clients say I have a special ability to put people at ease, listening to them like they're the most important person on earth. Without judging anything they tell me or imposing my values on them. It's something more than simply developing the Seven Features.

WHY IT'S TIME TO ENJOY BEING YOUR TRUE SELF

The world has changed overnight. **Needs have changed.** Businesses are repurposing – what they do, who they employ and why they exist.

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Now, more than ever, is the time to take stock of **who you are, your unique natural abilities and where you are needed.**

No matter how much the world changes, your essence – who you really are – never changes. And the best way of coping in this changing world is to lose yourself in an interest you love. **Because when you lose yourself, you find yourself.**

THE SEVEN KEY FEATURES OF ENJOYING BEING YOUR TRUE SELF



These 7 features of your life give you everything you need to maximize your life potential. Any one of them can trigger the other six. Only you can activate the process. My program shows you **how.**

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Why Peter Nicholls?

I have found my true self twice in my life. After 15 years in deskwork, I found myself in the emerging new recreation development profession, helping people express their true self in their recreational activities. 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.

Grab a copy of my free self-audit, **“Rate yourself on the seven features of enjoying being your true self?”**

Then book to work with me, via Zoom, personalized for you.

From wherever you are in the world, at ease in the familiarity of your own home or office.

Peter Nicholls
Life Mentor

Email me at petereapg.life
or phone 0417 817 027
to learn more.

