

helping business take care of its most important asset



This week a friend told me that he was attending Alcoholics Anonymous. He's a fantastic, caring and fun person, but the grog became too often and too much. And he is struggling to shake it.

The reason I decided to make this the feature of my newsletter was not so much the topic, rather a show stopping comment (part of) he made. It's a challenge for all of us to take a moment and consider.

He said: "It's simple! **To live the life I want to live I must stop drinking**". A powerful realisation and crystal clear call to action.

Think about it. We all could apply that to any facet of our lives: fitness, eating, relationships, parenting, reducing our environmental footprint, making a difference in the world, wealth -- whatever it is that's important to you.

Here's my challenge to you. Take a moment and think about what you really want to get out of life. Then grab a pen and paper and finish the statement/s.

"To live the life I want to live I will ...

Briefly on the topic -- it's a tough one. If alcohol is an issue for you or someone near to you consider getting support. You'd be surprised how many people you meet who attend AA and now live the life they want.

Conferences and staff training? Please pass this on to friends and associates.



In-conference or In-house

The "It's All About You" keynote is a fun yet powerful session that gives people a brief time-out to freshen up, get balanced and consider their most important asset - themselves.

Check it out here: <https://robedwards.co>

Also, available to speaking on these topics I founded:

<https://plasticfreeoceans.org>

<https://healthyresilient.com>

<https://iitime.org>

Live Well - Be Your Best

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Worth a read

Here's some standard current advice/guidelines about alcohol.

<https://robedwards.co/video-alcohol/>



Worth a visit

This is one of the best website I have found for good straight health advice.

<https://www.betterhealth.vic.gov.au>



In the kitchen

Tropical chicken salad is a good one as the weather starts to warm up.

<http://www.robedwards.co/newsresources/r8.pdf>



5 minutes for your back

A quick session each day may be the difference between a good back or not.

<http://robedwards.co/back.pdf>



For the planet

E. F. Schumacher was telling us this stuff decades ago. Interesting challenges.

<http://www.theeconomicsofhappiness.org>



Something to think about

There's a million articles about the impact our words have. Old but true theme:

<http://www.robedwards.co/newsresources/t8.pdf>



A quick laugh

Laughter is great medicine. But if symptoms persist, see your doctor

<http://www.robedwards.co/newsresources/j8.pdf>

"The extent to which YOU take responsibility over something is the extent to which YOU take control over it."

Adam Khoo