

q wealth: with PAUL GLOSSIP

SIX PRACTICAL MOVES FOR CREATING THE LIFE YOU WANT

I have some essential habits that help me maintain the three pillars of life. They are practical exercises anyone can adapt and apply to maximise their existence and gain peak enjoyment from all the opportunities they've created via their investment decisions.

1. Health focus

I make sure health is as much of a priority in my day as my work and my relationships.

Set aside an hour a day, five days a week, to concentrate on doing something that boosts your wellness. Run, swim, walk, surf, do yoga, go to the gym... whatever works best for you.

I don't see this time as a task – it's actually become a ritual opportunity to take a break from work and indulge in something that makes me feel alive. And for anyone who says they don't have time in their schedule for exercise, just make it. I guarantee you will be more productive and connected at work, and more relaxed and engaged at home, as a result.

Daily exercise will boost your output, not hinder it.

2. Happiness break

One locked and loaded absolute essential in the process that boosts both mental and physical wellbeing for me is a surf trip with my mates every six months – without fail.

As I write this, I'm also making plans for the next journey to Papua New Guinea. My circle of friends take these expeditions with me every half year to recharge and appreciate how fortunate our lives are.

They're planned well ahead and are set in the calendar. They help remind me what's important and what we do all this hard work for. While I am all about family first, these trips provide something different to look forward to.

3. Personal development time

I put aside two days every six months that are devoted to my own personal and professional development.

They are guaranteed dates where I will physically remove myself from my regular place of business and my home. Each development day is dedicated to learning something new that will help me become an even better human being.

In the past, I've used this time to become an accredited trainer in Stephen Covey's 7 Habits of Highly Effective People. I've also become accredited in the Herrmann Brain Dominance Instrument which is a measure to describe people's thinking preferences.

I have a mate who works in communications who is currently making time for a writer's retreat so he can work on his sit-com script. Laugh at the material but not him, because it's a very smart thing to do.

Whatever you choose to concentrate on for your own personal development, there needs to be no distractions. Get out of what you're normally doing and commit to it. And it doesn't have to be overseas or interstate – it can be within 10 minutes of your front door.

4. Select the company you keep

Carefully choose the people you surround yourself with because you will become the product of the five people closest to you.

That doesn't mean if you hang around five professional rugby players, you will be able to sign a first-grade contract with the NRL. It just means you should align the different aspects of your life to a group that encapsulates the traits you wish to emulate.



Have a great group of property mates who've done the hard yards in the investment space. Similarly, with your exercise, train with a group of people whose dedication to hard effort and results has gained your respect. I like to surf with the same gang on each trip so we challenge each other and enjoy our time together.

Pick these groups for each of the important buckets in your life and stick by them so you learn and grow in their wake.

5. Keep good habits

When I worked in London I remember a dean of a high school quoting Aristotle, saying, 'We are what we repeatedly do. Excellence is not an act, but a habit.'

It was at a stage when I was about to return to Australia. It really hit home that I didn't apply this theory enough, so I took up the challenge and brought it back with me as an internal mantra.

I want my habits to be good habits – you should too.

6. Be an absorber

Accept that in all aspects of your day, there will be people who have something to teach you.

I'm not out here proclaiming to be the messiah of property, for example, because ultimately, I don't know everything and I never will. That's why I love hearing other people's opinions. Often they're coming to me with a different level of understanding or a certain take on things that I've never considered.

Be a sponge, and soak it all in.

Edited extract from A Surfer's Guide to Property Investing (Major Street Publishing \$29.95) by award-winning property investment specialist Paul Glossop. To find out more, visit www.purepropertyinvestment.com



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