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## How wealthy are you?



by Alan Hosking:  
Editor of HR Future Magazine

### 1. Physical wealth.

(and with this I include your mental health). If you can't get out of bed, it's not much fun having millions and not being able to enjoy them.

**2. Relational wealth.** We're lonely when we are disconnected from family, friends and society. Again, money means very little when you have no-one special to share it with.

**3. Spiritual wealth.** This refers to your values and the development of your spirit – the essence of who you are - through prayer, meditation or contemplation. Many people focus on external (material) wealth and never discover internal wealth.

**4. "Meaning" wealth.** This wealth is built by discovering and developing your reason for being on the planet. This is the only way your life will truly have any meaning. At the end of your life, if you feel your life has had no purpose, you will feel deep regret that your life has been of no value.

**5. "Memories" wealth.** This is one wealth you cannot build at the end of your life. You have to build it now by creating the memories you want to carry with you for the rest of your life. When you live for others now, you will build a wealth of happy memories that will make you a wealthy person as you age.

## Life Is Grand... If You're An Elephant



I recently spent a week in the African bush re-experiencing things that I'd almost forgotten about. Bush safari experiences are special for me as I'm transported into a different world. A world where man is insignificant and nature rules.

This magic world, once again, showed me insights of which I'll share a few with you.

### 1. Timing is Divine

When out on a game drive you quickly realise that timing is everything but equally, that you have no control over it. Seeing something spectacular is all about being at the right place at the right time – which could be called coincidence – or rather, divine timing. Seeing a hippo out of water crossing the road could be...

[Read the rest here](#)

## Coaching Opportunities



### Personal Coaching:

- (a) 1-1
- (b) Online
- (c) Authentic Alignment Sessions

[More information here](#)

### Workshops and Courses:

- (a) Become Authentic. Feel Abundant (8 week series)
- (b) Life Coaching Through Creative Art (4 week series)

[Full Details of Workshops Here](#)

**Please feel free to discuss with me which option would be best for you.**

*"No matter how strong a person mentally is, without proper mental nourishment he or she will crumble. Personal coaching is one of the best ways to help you get that nourishment and to keep you stay focused." – BeingLive.com*

**6. “Opportunities” wealth.** Some get given many opportunities, some get very few opportunities, and some create their own opportunities. Some take the few opportunities they get and turn them into something wonderful. Many get given opportunities which they fail to recognise and never seize them. It’s up to you what you do with the many or few opportunities life gives you.

**7. Financial wealth.** This wealth is the easiest to spot, but not necessarily the easiest to acquire. Set yourself financial goals, then work toward achieving them and you will be able to build wealth in this area.

Still undecided? [Plenty of testimonials available here](#)

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## Monthly Social Events



### Dinner Event: 27 October

6.00pm  
At Mt Henry Tavern, 27 Manning Road, Como

Please let me know via email if you're joining us. Newcomers welcome!

### Chicks at the Flicks:

Monday 6th December at 7pm.  
Movie = "Morning Glory" with Harrison Ford and Diane Keaton.  
Goodie bags given to all attendees

RSVP to Heidi by 6th November to purchase tickets.  
Tickets are purchased in advance so pre-booking is essential.



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