



# Become a Pyromaniac

## 49 Ways to set a Fire under Yourself

- Set yourself some targets along the way to your goals.
- Stay hydrated drink plenty of water.
- Progress not perfection.
- Dedicate 15 minutes per day to creative writing.
- Meditate every day. Quieten your mind.
- Stay supple physically & mentally.
- Celebrate other people's victories.
- Regularly challenge yourself.
- Learn a new skill every 60 days.
- Be a mentor.
- 7-8 hours sleep per day
- Hangout with healthy, happy people.
- Never make an important decision when tired.
- Fill your diet with Super Foods.
- Be present in the moment.
- Get a weekly massage.
- Balance blood sugar with 4 to 5 small meals a day.
- Stop, Feel & enjoy the water on your neck during every shower.
- Live in wonder. Be in awe on a constant basis.
- Appreciate others, say thank you sincerely.
- Write, speak, record & package your knowledge.
- Join a mastermind group.
- Never give in, don't beat yourself.
- Tell great stories, paint great pictures.
- Handle items once.
- Clear your inbox 8 hours sleep per day.
- Just showing up isn't enough.
- Don't assume...ASK.
- Is the value I am offering significant and distinct?
- Seek clarity in your thinking.
- Care more.
- Be aerobically active 3 times per week.
- Connect yourself with nature.
- Appreciate beautiful things.
- Measure what is important.
- Read a book a month.
- Subscribe to influential blogs.
- Start your own blog.
- Turn your iPod into a university of knowledge.
- Live, Work and Play.
- Enjoy the journey.
- Reward yourself regularly.
- Get really good at something.
- Whatever you are doing.....just do it.
- It's not about what you have & don't have, it's about your resourcefulness.
- Inspire and instruct others.
- Remember people's names & use them.
- Embrace this list.

In demand as a speaker or corporate advisor, Peter balances a steady stream of bookings throughout Australia, Singapore and further afield. Bookings are usually required a month in advance.

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