

Aim High Fly Fast

*How to Create a Wonderful
World for Yourself and Others*

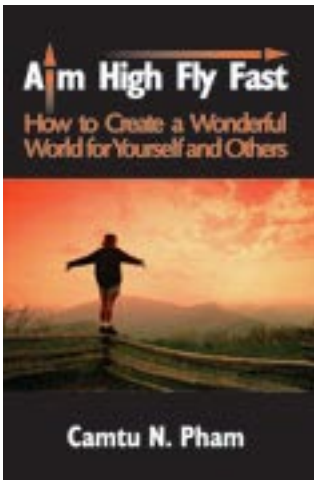


Camtu N. Pham

Aim High Fly Fast:

How to Create a Wonderful World
for Yourself and Others

Camtu N. Pham



FoodForMyBrain.com.au

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Phone: 1300 721 837 Fax: 02 4284 0632

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Endorsements

“Camtu’s book is aptly named, for she is a lady who is doing just that – aiming high and flying fast. Her delightful qualities shine through when reading this book – feel her energy and let her help you to aim high and fly fast.”

Sandy MacGregor
Best selling author & trainer
in accelerated learning & the power of the subconscious mind

“I have had the pleasure of knowing and working with Camtu Pham, and on the basis of her own achievements the information and advice that she can pass on can only be beneficial to others who also strive for self-fulfilment.”

Prof. Chris Brink
Vice-Chancellor, Stellenbosch University, South Africa

“Camtu has worked hard to produce an extraordinary and inspirational book that is like no other! So what are you waiting for? Read this book and take the journey that will change your life!”

Geoff Grist
Author of 500 Award Winning Small Business Secrets
Winner, 1987 Telstra Best Small Business

“Camtu’s own story of success is inspiring and in this book she shares useful lessons that helped her achieve her dream.”

Catherine DeVrye
Best selling author & former
Australian Executive Woman of the Year

“The Fred Hollows Foundation would like to thank Camtu Pham for her support and commitment to its work. Her support will help us achieve our vision of a world where no one is needlessly blind and where Indigenous Australians enjoy the same health outcomes as all Australians.”

Clive Miller
Fundraising Manager, The Fred Hollows Foundation

“Camtu’s book makes you want to do something! Authentic conception is always a fruit of love and this is inscribed in these pages. It gives birth to who you really are and what you are meant to be. The first nine chapters offer a parabolic image of the period of conception. Each offers fruits of hope, joyful faith, and loving expectation. They build on each other, empowering you from the womb of your inner self, and the end is climaxed by fruits of thoughts that have inspired so many.”

Father Norman Pena
General Director, St Pauls Publications

“In Camtu Pham’s highly personalised and enthusiastic book, readers are offered challenging and practical solutions to creating independence and success and to maintaining effective relationships. Camtu believes – and proves – that no obstacle can limit your achievements!”

Dianne Bates
Author of over 80 books

*“Camtu Pham’s **Aim High Fly Fast** inspires us to live our lives using our creative gifts to achieve our maximum life potential and to the best of our ability, without regret and fear. A handy and practical guide for your journey.”*

Anthony Wong
Information Communication Technology Counsel
Aequitas Attorneys

*“**Aim High Fly Fast**, quite simply, is a ‘must read’ for anyone wanting a successful, rewarding and happy life. Camtu’s easy-to-implement methods for improving our lives and our environment will leave you wondering ‘Now why didn’t I think of that?!’”*

Colleen Mitchell
Director, Clear Concise Communication

*“My wife asked me what was this book I have been reading over breakfast for the past few weeks – I smiled and replied, I was having my morning dose of Camtu’s “nuggets of wisdom”. **Aim High Fly Fast** is a reader-friendly book from which you can take whatever size dose of her “brain tonic”, as often as you wish, to make you feel great. This book will add that extra zip to your day, and life.”*

Les Kirchmajer
Lecturer, Graduate School of Business and
Professional Development, University of Wollongong

*“**Aim High Fly Fast** is engaging, inspiring and challenging – far more than just another motivational book. Camtu never loses sight of the spiritual, encouraging success by drawing out potential while strengthening awareness of self and of the world. This retains the balance essential to happiness. Camtu’s extensive reference to successful women professionals is refreshing – I will certainly be recommending this book to the women I know.”*

Sister Joanna Coleiro
Director, Pauline Electronic Publishing

“This user-friendly book combines Camtu Pham’s inspiring journey to success with practical tips, tools and strategies we can all use on our own path. A worthy reference book for your success library.”

Wendy Buckingham
Author of Ready Set Goal!

*“In an age of information and technology, Camtu Pham has elevated the human potential movement to its next stage. **Aim High Fly Fast** is a high impact, easy-to-read personal improvement manual, designed for us to live a more creative, practical and compassionate life in the 21st Century. Highly recommended.”*

Bob Owen
Director, Success Stories Life Strategies

*“**Aim High Fly Fast** provides a unique blend of Camtu’s life experiences, quotes, anecdotes and practical tips. A truly holistic approach to creating success in your life.”*

Debra Murphy
Regional Manager, Australian Industry Group

*“**Aim High Fly Fast** is another example of Camtu’s commitment to making a difference in people’s lives, both personally and professionally. Above all, her integrity shines through in everything she does and the way in which she cares about all people.”*

Lili Mustakov
Director, Lili Management Solutions
National Vice President (2002 - 2003), SWAP Australia

*“Having known Camtu for a number of years, I have seen her do exactly what her book professes. She has achieved wonderful successes and balanced it with great friendships and health along the way. Don’t just read **Aim High Fly Fast** - study it! You will find yourself achieving more in all aspects of your life after you do.”*

Rob Salisbury
Two Year President, Sydney NSW Chapter
National Speakers Association of Australia

Aim High Fly Fast: How to Create a Wonderful World for Yourself and Others

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Dedication

This book is dedicated to YOU – the reader.

This book can help you to do things that will strengthen your heart and your head.

I hope that the messages in this book will help you to create a wonderful world for yourself and others.

We are very lucky to be able to read these words. Together, we can help many people to have their eyesight restored with the support of The Fred Hollows Foundation.

Thanks for joining me on this journey!

Camtu N. Pham

Preface

The subject of motivation is very close to my heart. I have enjoyed reading, listening to and writing on related topics since I was 15. I started teaching motivation-related subjects to University students and managers in the last 5 years. Thanks for the feedback from those who attended my “Self-Esteem & Achieving Your Dreams” and “Goal Setting & Planning Techniques” courses. Your responses and encouragement raised my level of self-esteem also, and made this book possible.

Aim High Fly Fast is my first book and it is indeed very special to me. I took every care to write this book so that it would be useful to you. This book is filled with new ideas and proven techniques that can help you to understand yourself better, appreciate what you already have, and create better relationships with yourself and others. Most importantly, it can assist you to aim high and fly fast to achieve much more in life.

Part of my aim in writing this book is to help those less fortunate than me. To this end, I will donate 20% of the income from the sale of this book to The Fred Hollows Foundation. With every five to eight books sold, we can help one person to have their eyesight restored so that they, too, can read this book. It is hard to believe, but with just \$25, we can help someone to see through the talents of people from The Fred Hollows Foundation.

I came to Australia at about the same time as the late Professor Fred Hollows founded his not-for-profit organisation. I admire him and his team for their dedication, talents and generosity! They have done so much for disadvantaged people around the world and this includes the people in my home country, Vietnam. Helping The Fred Hollows Foundation to raise money is my way of thanking them. Now I would like to thank you for joining me on this journey.

I encourage you to go to the Web site **www.FoodForMyBrain.com.au** and register your name. This way, you will receive free newsletters from me and other useful resources. I can also keep you informed of our progress – how many people we, together, have helped.

“The Fred Hollows Foundation would like to thank Camtu Pham for her support and commitment to its work. Her support will help us achieve our vision of a world where no one is needlessly blind and where Indigenous Australians enjoy the same health outcomes as all Australians.”

- Clive Miller
Fundraising Manager
The Fred Hollows Foundation

These are my reasons for writing this book. I hope that you enjoy it and will drop me a line at **camtu@foodformybrain.com.au**

Camtu N. Pham

What Aim High Fly Fast is About

Aim High Fly Fast was written by Camtu N. Pham, a successful business owner, international speaker and University lecturer in Management and E-Business. Without speaking a word of English, Camtu migrated to Australia from Vietnam in 1984 with her family. Her persistence, positive attitude and motivation to succeed have helped her to overcome major obstacles and achieve many significant goals in her life. In Aim High Fly Fast, Camtu reveals the strategies and techniques that she used to reach her current level of success.

Whether you are just beginning your journey or are an experienced explorer of your own life, this book is for you! A valuable resource for anyone wanting to achieve personal or business success – from high-flying executives to those struggling with daily life – this book offers practical advice and fuel for your brain. Through this book, Camtu will inspire you to discover your strengths, overcome your weaknesses, increase your self-esteem, create and maintain satisfying relationships and show you tools and techniques that can fast-track your success.

Acknowledgments

I would like to thank the following people for their love, support, feedback, wisdom and ongoing encouragement:

My wonderful husband, Han Pham, for his love and belief in my abilities. With your encouragement, I feel that this book is a great foundation for many more books to come.

My family for their support and encouragement.

My staff at CleverLink for their talents and dedication in designing the cover and laying out the book. What a great joy to have you design my book and Web site after years of being involved in designing book covers for other publishers and authors. Thanks to you all – Adam, Kian, Melek and Rachel.

Colleen Mitchell for editing my book and for your encouragement. Having an experienced editor makes life much easier for a first time author! Thanks Colleen!

Paul Dorin for your wonderful, humourous sketches.

Authors and publishers who have shared with me their experiences and who have encouraged me to go ahead with my aims: Geoff Grist, Sandy & Sandra

MacGregor, Rowland McGabhann, Di Bates, Fr Norman Pena, Sr Joanna Coleiro, Robyn Henderson, Cyndi Kaplan, Catherine DeVrye and Roz Townsend.

Friends in SWAP, especially those in the Illawarra.

All those who have read the manuscript and have given me great feedback and endorsements.

Last but not least,

Thanks to you, God, for the wisdom and strength you have given me.

*This book is a gift to you!
Please bless it so it also becomes a gift to many other people.*

“My potential is God’s gift to me.

What I am doing is my gift to God.”

CHAPTER 6

Powerful Tools and Techniques to Fast Track Your Success

*“Take the coins out of your purse
and invest them in your mind
and your mind will fill your purse
with coins.”*

– Benjamin Franklin (1882)



Powerful Tools and Techniques to Fast Track Your Success

The tools you have in your toolbox and the techniques you use will partly determine how fast you are going to achieve your goals. Of course, a positive attitude is the most powerful catalyst when it comes to mental fitness, but the right set of tools can help you to realise your dream much quicker.

Your tools can be comprised of your education, motivation, methods, systems, computer, Internet, database, skills, contacts, and so on. Take a long, hard look at the tools you use. Are you using tools or techniques that are no longer of benefit to you? The best craftspeople usually have the best tools, and they spend the time to sharpen their tools.

Your toolbox should contain the appropriate tools for the task, and these tools need to be replaced as your circumstances change. There are new tools that you might need to invest in or update, and there are tools that you might want to pass on to someone or throw away as you no longer need them.

If you are a student about to graduate, then your tools are your resume, your skills and abilities to find a good job, or the skills required to build your own business.

If you are running your own business, then the tools you may need in your toolbox are: the ability to sell and to inspire your staff to make things happen; the ability and confidence to present information to others, to build relationships, to 'drive' a computer and to use certain software, etcetera.

If you are a project manager then your toolbox may contain the following: planning skills; leadership skills; the ability to involve and relate to people; the ability to meet deadlines and to negotiate; and software such as MS project, for example.

Following are the top five tools and techniques that can help you to fast track your success:

Tool #1: Develop the skill and discipline to use your time wisely

"Time is more valuable than money. You can get more money, but you cannot get more time."

– Jim Rohn

One of the characteristics of highly successful people is their productivity! Not only do these people work hard and smart – they also know how to use their time wisely and effectively. These people achieve more in the same number of hours than do most people. Their secret of success is how they use their time to achieve the highest productivity.

Time is your most valuable asset, and we each receive an equal amount of time everyday. Some of us utilise our time for the benefit of others and ourselves, while others waste time as if it were an unlimited resource or one that could be stored. I often hear people say: “I do this to kill time”, or “I don’t have time to exercise. I run my business and have my kids to look after”. Imagine what one of the world’s richest women, Queen Elizabeth I, said on her deathbed: “I would give all I have for a few more minutes of time.” Why would anyone want to ‘kill’ his or her valuable time? Without time, it is almost impossible to achieve any goal. On the other hand, we cannot make excuses for not having enough time for people that are important to us, or for important activities in our lives.

We all have the same amount of time:

24 hours per day

168 hours per week

720 hours per month (assumed 30 days in a month)

8760 hours per year (365 days in a year)

Most of us spend 20 years growing up and educating ourselves before starting to work and this is equivalent to 175,200 hours. By the time most people retire at the age of 60, they would have spent 525,600 hours of their lives. This is a huge amount of time and yet many people regret the things they have or haven’t done with their time.

“Most misfortunes are the results of misused time.”

– Napoleon Hill

One day when I was in my early thirties, I decided that I would live to reach 91. This means I have 797,160 hours to create my life and to achieve my dreams. We can all decide (or hope for) the age at which we will die. However, the important point is not how many years or hours you and I have this lifetime – the question should be “What amount of time do we have left???”

Having the skills and discipline to manage your time wisely will fast track your success. The art in time management is in having the ability to focus your energies on high priority tasks – not tasks that are easy and interesting to do, or tasks that do not require a long time to complete. Be clear to yourself of the difference between the words ‘efficiency’ and ‘effectiveness’. Efficiency is doing things right. Effectiveness is doing the right things. Discipline is as important as the skill itself. This is because many of us have the skills and knowledge to do things, but unless we discipline ourselves to take ACTION, nothing will happen no matter how much we know.

Successful people have the ability to predict the consequences of doing or not doing something. Winners know the importance of the decision-making process and usually do not delay their decisions because they know the opportunity cost. When you have ‘Mr Procrastination’ knock on your door, or you are confronted with a hard decision, then you should ask yourself: “What are the potential consequences of doing or not doing this task?”

Remember this quote by Conrad Hilton to help you with mastering time: **“To some degree, you control your life by controlling your time.”**

Tool #2: Build and nurture your support group

We all need support from the people around us if we are to achieve big things in life. Leveraging other people's knowledge, wisdom and support is the key to opening many doors of opportunity. However, instead of concentrating on getting things out of people, I am suggesting that you focus on helping and building your network and supporting the group instead.

In my business, I spend extra time and effort in helping and promoting my clients and my support group. This has been done in a number of ways: sending CleverTips to my clients and network every Friday (visit CleverLink's CleverTips at www.cleverlink.com.au/resources/clevertips/ if you would like to access the information); building a marketplace so we can promote our clients to the larger audience; and organising training and network events so they can meet and do business together. What is the result of the support that I provide for my clients? We have retained 100% of our clients during the last financial year and get many referrals!

I have been fortunate to be appraised by many clients and ex-employers as "one of the top project management consultants" because I deliver results, and I finish projects on time and within budget. I achieve this because I always have enough people around to help me. I have attracted talented and supportive people over the years and I always acknowledge their support and show my appreciation.

Besides helping CleverLink's clients, I am also involved in many groups and associations such as SWAP, Toastmasters International, National Speakers Association of Australia (NSAA), Alumni and Export Network. With a busy schedule of running my own business and having quality time for my own family, I am not able to allocate too much time to these organisations, however I always support them in one way or another. This is because I feel I have received something from these groups. It is my pleasure to contribute my resources and time to the organisations that I belong to. In the last few years, CleverLink has helped to build and host the Web site for Keira Toastmasters, to build an Online database and host the Export Network Web site, we have designed all the certificates for the NSAA group and so on, and I feel so proud that my team and I have had various opportunities to help the organisations that we are proud to be a member of.

Here are a few ideas to help you to build your own support group:

- Take time to build the relationship;
- Find out the needs of your group and help them to achieve their goals;
- Stay in touch;
- Send cards, postcards and useful e-mails;
- Be a resource for your contacts; and
- Stay positive and confident, as this will attract similar people to help you.

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

– Dale Carnegie

Below is one of my weekly CleverTips.

You can read more CleverTips at

<http://www.cleverlink.com.au/resource/clevertips.shtml>

CleverTips from CleverLink: **The DOs and DON'Ts** to get the most out of networking functions

- X Don't attend if you don't RSVP. Wearing a hand written name tag when everyone else is wearing a printed tag makes you and the host look unorganised.
- ✓ Do always wear your name tag on the right hand side. This is because when you shake hands, you lean your right side forward and it is easier for the other person to read your name.
- X Don't always look for potential clients at these events. In business, having reliable suppliers and business contacts is as important.
- ✓ Do introduce yourself first – especially to those who are a bit shy.

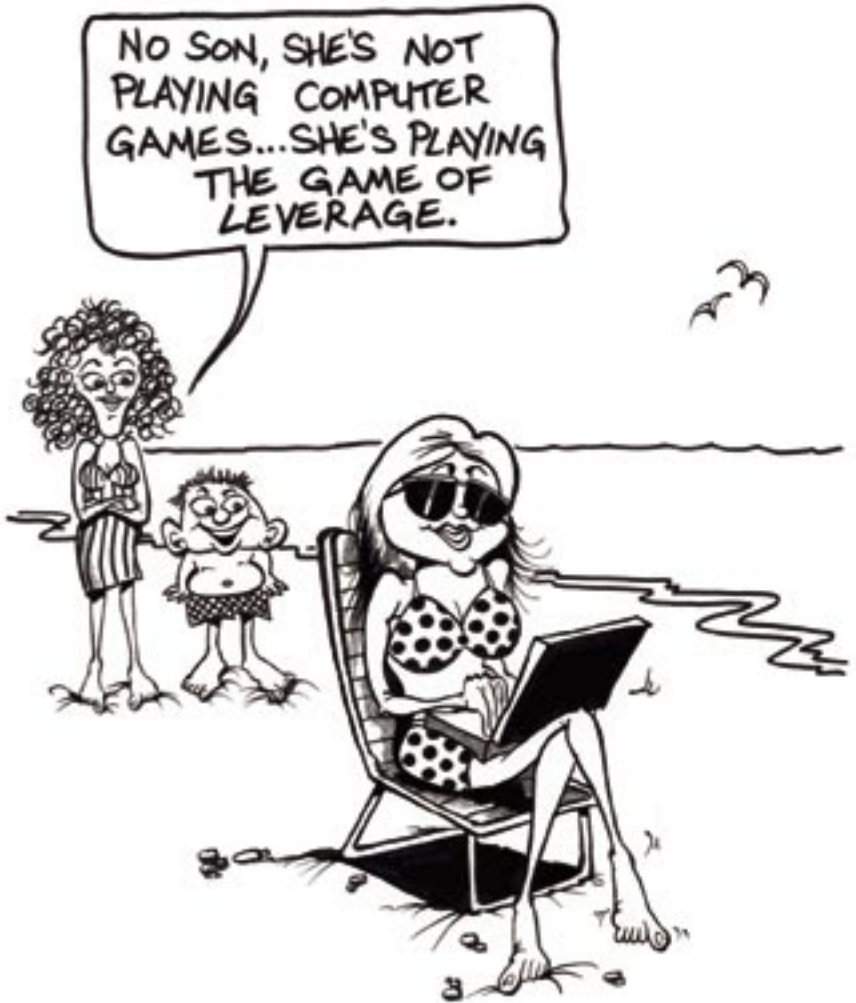
- X Don't leave too early. People seem to be more open, interested and interactive towards the end.
- ✓ Do ask the person you are networking with about their business and services.
- X Don't always hang around with people you already know. The worst mistake at networking functions is to sit at a table with all of your team.
- ✓ Do relax and enjoy yourself. Those functions held at 7:00 AM or 8:00 PM attracted you because they have more to offer than just business rewards.
- X Don't just sit in a corner at networking functions. Remember the word is netWORK – not netSIT!
- ✓ Do make the most of the contacts you have made at networking functions. Enter them into your database, make a note of where you met the person and sort the names into different categories for future follow up.

Tool #3: Leverage everything you can

You can achieve much more in less time if you know how to take advantage of the resources, tools and systems available. This is called 'leverage'.

If you take my recommendations in Chapter 1, or have analysed your strengths and weaknesses before, by now you would know what you are good at and also the areas in your life that need improvement. Leverage does not mean you get external resources to help you with your weaknesses, but that you utilise the resources around you to allow you to concentrate on more important tasks or activities that give the highest return on your time and energy.

One of the most important types of leverage in the 21st century is the ability to tap into other people's knowledge. High achievers are not those who know everything, but are those who know who knows, and who tap into this knowledge and brainpower. Small and large corporations all around the world use this type of leverage. The owner of a business does not perform every task in his or her organisation, but hires the appropriate people with certain skills to perform the tasks that they believe will best leverage their time and investment.



Do you know what the word TEAM stands for? Together Everyone Achieves More! In the book called 'Secrets of Super Achievers', Philip Baker described the benefits of teamwork and how to overcome personal weakness. He told a story about ducks and how they fly together. He said if you have ever observed birds in flight, you would have noticed immediately that they always fly in the 'V' formation. This is to take advantage of the partial wind vacuum created in the wake of each duck. These ducks use the synergy concept: by changing the lead duck they can fly nearly twice as far together as they could fly on their own. As you can see, even animals know the advantage of leveraging the resources and energy of others.

To me, the second best form of leverage today is the ability to explore and utilise the technology that best suits our needs. I am not suggesting that technology will provide solutions to every problem, but it certainly has made a huge impact on the way we do things, whether at home or at work. Technology has changed the way we communicate and keep in touch with people around us, the way we work, the way we share information, the way we manage our data and records. I am not saying the introduction of technology such as the computer and Internet is 100% beneficial to all of us, but I am certain that anyone who learns to use technology effectively will realise the huge potential behind these wonderful tools. As a consultant and lecturer in E-Business and Technology, I have witnessed first hand many cases where university students and senior executives were surprised just how technology can help them to fast track their potential career opportunities and business success.

Below is one of the CleverTips that will help you to analyse your technology skills.

CleverTips from CleverLink: How Effective Are You With Technology?

In today's business environment, 'speed' is one of the most critical factors we need to stay at the leading edge. Look at our work situation; we have faster computers, faster Internet access, faster networks and the list goes on. The question is: Are we utilising the tools in which we have invested to achieve better productivity and get the benefits we deserve to claim? Faster and better technology is available to support you so that you can access **relevant information when you need it and in the way you need it.**

As an E-Business consultant, I have been fortunate to assist many large and small organisations to turn their situation around and have seen my Clients prosper from technology.

Following is a checklist to see how effective you are with technology:

1. You have a good computer but you still keep all your business records and Client details on paper.

True / False

2. You have good computer systems but you and/or your staff don't know how to 'drive the software'.

True / False

3. You haven't taken advantage of Internet Banking even though you are on the Internet and know you have to pay more every time you write a cheque.

True / False

4. You cannot search for a business contact and their record within 10 seconds.

True / False

5. You cannot tell when your organisation last made contact with a particular Client.

True / False

6. Your assistant cannot update appointments for you on his/her computer.

True / False

7. Your organisation has a Web address, and yet your e-mail address is still yourname@ozemail.com.au or yourname@bigpond.com.au .

True / False

8. You don't have an effective system to schedule tasks and reminders in advance.

True / False

9. You use Excel to store your contacts.

True / False

10. You cannot go Online and have a telephone conversation at the same time on the same line.

True / False

If you have 8-10 **FALSE** answers you are a very effective technology user. Congratulations! If you have 5 or more **TRUE** answers, I suggest that you arrange your priorities so that technology can appear higher on your organisation's list. No matter what level and title you currently have in your career, I guarantee you that effective use of technology can earn you and your organisation more money, save time and make you feel great!

If you have any questions or comments regarding the 10 items listed above, send me an e-mail at **camtu@cleverlink.com.au** or call me on (AUS) 1300 721 837.

You, too, should leverage everything you can to fast track your success. This can involve replacing your database, having a professional Web site designed, getting a consultant in to help you with your business, meeting a life coach, or having a cleaner to help you with your housework. When you adopt the right technology and techniques, you are killing two birds with one stone: you are learning to manage your time well and are also leveraging available and working systems.

Tool #4: Change before you have to change

“It is not the strongest of the species that survive, nor the most intelligent, but those most responsive to change.”

– Charles Robert Darwin

Mark Victor Hansen stated that: “You must be on top of change or change will be on top of you”, and I absolutely agree with his statement! We are living and working in an environment where things around us are constantly changing. How are we going to achieve big things in life if we don’t respond to these changes? My philosophy is “change before you have to change”.

You and I are more motivated toward the change factor when we make our own decision that we want to change, rather than when situations force us and we have to change. Therefore, identify areas of your life that need to be changed or ‘updated’ and take action one-by-one. Change it before it makes you change.

To make the change exercise easier to manage and more successful, I suggest the following actions:

- Identify the type of change you want and need to make;
- Clarify the benefits and make sure the changes are worth making;
- Outline the resources you need to achieve the expected outcome. This may be people, time, tools, and so on;
- Develop a model or monitoring technique so you know you are on the right track; and
- Celebrate your successes.

Tool #5: Minimise stress and maximise enjoyment

In Chapter 2, I shared with you the self-discovery process and the potential benefits you can gain from this exercise. Self-discovery, or self-awareness, is the ability to recognise your own behaviour and thoughts, your pattern of devising solutions, what makes you happy, what makes you disappointed and so on.

The power behind this tool is that once you know more about you, you can reduce the things you don't like and increase the opportunities to have more of the experiences you enjoy. Not only will you have a better quality of life for yourself, but also people around you will appreciate you more because you quietly become a person who is easier to live with!

People with an excellent attitude tend to attract similar achievers into their life. As a group, they leverage each other's knowledge and networks. No wonder successful men and women are being seen as 'lucky people', because they always have other people helping them. In fact, all achievers well understand the law of reciprocity and they choose to help other people first.

Tool #6: Money: One of your key resources so manage it well!

I completed two University degrees and 12 years of schooling yet learned very little about money! It is interesting how education systems throughout the world work. My wealth-related knowledge comes from self-education and my own personal experience. Some lessons are far too expensive. However, I have never regretted the mistakes I made during my years of money education. The lessons I learned were valuable and today certainly help in my investment strategies and to manage my own finances. Don't I use professional services, you might wonder? I certainly do and I recommend that you have a financial advisor. What I also learned in my years of money education is that no one will ever have more interest in accumulating your wealth than you. You will hear useful answers **ONLY IF** you ask the intelligent questions.

Money is a powerful resource. It will help you to acquire your knowledge, develop your personal qualities and, most importantly, it will help you to take actions on certain goals that require financing. For example, by accumulating wealth, you can afford to buy air tickets to attend conferences, to start your own business, or to buy a franchise.

Tool #7: Look after your health

The more you care about the quality of your life and the achievements you strive for, then the greater importance you will place on looking after your health. A tired body, a weak mind and a stressed soul are not the right vehicles to take you to where you want to go.

Your health plays a major role in your journey to success. It can give you the confidence, energy and self-esteem to become a peak performer. Truly successful men and women know the benefits of good health and they always look after themselves well. However, many people are only focussed on making a living, or climbing the corporate ladder, and often ignore their health. These people may achieve their career and wealth objectives, but when their health is at risk they soon discover that without a healthy body, the mind will not function as they need it to and their motivation level will also deteriorate.

Do something every single day to rejuvenate your body! Eat well, do some exercise and take good care for the 'only house that you cannot change in this life time'.

I have a few simple tips to help you maintain your good health:

- Spend time to exercise and do physical activities. When you think you are too busy, then that is the time you need to exercise the most!

- Eat healthy and nutritious food. Don't count every calorie; remember to enjoy your favourite food! Just watch for the balance and know which food makes your body feel good.
- Pay attention to the colour of your urine. If it is not as clear as water then that means you need to drink more water. Always aim for the 'crystal clear' colour. This may sound too simple and funny but it is a great way to measure and maintain your health. Try it!
- Always keep yourself calm and positive. Calmness and a positive attitude are the best tonics you can get to keep your body healthy.

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Visit CleverLink at www.cleverlink.com.au and Food For My Brain International at www.foodformybrain.com.au for further information.

About the Author

Camtu Pham is the founder and Managing Director of CleverLink Internet and Technology Services and Food For My Brain International. She is an international speaker, E-Business consultant and university lecturer in Management and E-Business.

Camtu has trained and provided services to many organisations including the Department of Defence, Australian University Halls and Colleges, TAFE Colleges, Illawarra Business Chamber, CPA Australia, Department of State & Regional Development, the Real Estate Institute of NSW and many other public and private companies.

Camtu migrated to Australia from Vietnam in 1984 with her family. After arrival, she started to learn English and begin her new life. Camtu began her first degree in Computing Science with the University of Wollongong in 1989. After graduating, she entered her career as a professional officer with the Defence Science Technology Organisation (DSTO) in Canberra. Camtu returned to Wollongong two years later to pursue her Master's degree, and to work at the University of Wollongong as a project leader.

Camtu started her own business in 1998 and within five years, her company – CleverLink – has become one of the top 34 IT companies in Australia and also won many other awards for top service and innovation.

Camtu married Han Pham in 2000 and is blessed to become a mother in 2004. They live in the northern suburb of Wollongong, Australia.

Camtu has a passion to share her dreams, expertise and knowledge with those who want to 'tune in'. She also has a desire to help those who want to become more successful and those who perhaps are less fortunate. She believes this book will fulfill her goal in sharing and giving. Camtu has chosen to write a motivational book as her first, because she believes personal strength is a prerequisite for a successful career and business.

Camtu's profile is available at
<http://www.cleverlink.com.au/about/CamtuPham.pdf>

**Aim High Fly Fast is also available
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