

Financial Freedom

...starting now!

An Action Guide



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Excerpt about TayBear

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Brett found a passion, and started making lists of people to interview. His interviews turned into a book, entitled *Collective Wisdom*. There were many hurdles for him to cross such as, how do you interview some of the most successful people in the country? To put thirty four interviews together Brett made 3,000 phone calls. He knew nothing about publishing, so he read eight books about it in one week. He called the authors of books on publishing. The more people he talked to, the more opportunities came his way.

Brett obtained interviews with Malcolm Fraser, (he bumped into him while walking down Collins Street in Melbourne) Gerry Harvey of Harvey Norman, Bob Hawke. He had lunch with Peter Ritchie, chairman of McDonald's and discussed morality with Cardinal Clancy and politics with Cheryl Kernot. Within six months his book was complete.

After doing extensive research Brett decided to publish the book himself and called his company Clown Publishing because, "The serious players thought I was kidding about creating the book, and because I like the light touch clowns bring into their lives".

Passion is about making a difference

Success and happiness do not automatically go hand in hand. We have all read or heard about wealthy people and movie stars who appear to have it all yet they are unhappy. When your ego runs your life, you will never get enough. It won't matter how much success and recognition you receive, you will always be chasing after more. Rich and happy people do what they love in a way that contributes to the well-being of others. Anthony Robbins in his book, *Notes from a Friend*, explains how he survived the tough times:

"My secret was focusing on the needs of other people. I constantly asked the question, 'How can I add something of value to people's lives?' Through this thought process, I became a leader."

Happiness comes when you pursue what you love in a way that focuses your attention on others and not yourself. In Matthew 6.21 it says, "for where your treasure is, there will your heart be also."

I read this delightful story in a Canadian magazine called *People and Possibilities*. At age seven, Taylor Crabtree started a business called TayBear Company. She makes and sells hair clips at local stores in Canada. When she started her business, her mother assumed that she wanted extra spending money. This wasn't the case. Taylor wanted to buy teddy bears for children with cancer. She wanted them all to have someone to hug and to hug them back.

Taylor started with a goal of giving away 500 teddy bears. Her mother thought this was overly optimistic and despite her feelings, said nothing to dampen her daughter's enthusiasm. Word spread of Taylor's good deeds and she expanded her project to include other children, including special needs children as helpers. Taylor also upped her goal to give away 700 teddy bears. Taylor has sold over 1800 hair clips and at the time of writing has given away 1260 teddy bears.



Taylor talks to people who buy her hair clips. One homeless man donated 11 cents and was surprised to learn that it was enough to buy a hair clip for his girlfriend. One man, whose father recently died from cancer, drove back to his bank to withdraw money so that he could buy a hair clip for his mum.

The generosity of this one young girl has touched the lives of many. She receives email and donations from people thousands of miles away. She handwrites notes to go with each teddy bear and she encourages other children to help by hosting a Painting/Pizza party, where 200 children attend to decorate several thousand items.

When you follow your passion, as Taylor so obviously has, you don't know how many lives you touch.

The ripple effect

We are all connected at some level, and one small action, even though it may seem insignificant at the time, can create a ripple effect that can influence countless others.

I picked up the magazine, in which Taylor's story appeared, while I was in Canada and gave it to a colleague in Sydney. She was so touched by Taylor's story that she decided to set up an Australian foundation to continue Taylor's work here. The Happiness Project now distributes TayBears to sick and underprivileged children in Australia.

The actions of one little girl touches the lives of children suffering from cancer and their families in Canada, and because of her courage and generosity many others in Australia will benefit. She is an inspiration to all of us to follow our dreams. **If a seven year old can do it, why not you?** When you follow your dream you help others fulfil their dreams as well.

When you aren't doing what you love

Sometimes it takes time to discover what it is that you want, and time to change direction. There may be times when you are not prepared to change. If you have worked all of your life in one area and retirement is five years away you may choose to stay where you are even though it is not your ideal. So how do you make the most of such a situation?

The first thing to do is to change the beliefs that limit you. Feeling stuck only leads to unhappiness. If you can't change your situation right now, change how you feel about it. For instance, if you long to write and you work as an accountant, see yourself as a writer, temporarily working as an accountant. Write daily. Even if you have to get up an hour earlier each day, do it. The more you practise your new occupation the easier it will be for you to accept yourself in this role. Once your mind accepts that you are a writer, it will only be a matter of time, before your outer world will reflect your inner belief.

There are some who will say, "But I don't have time to write." That is an excuse. If you want to do something badly enough you will find the time. If you aren't prepared to find the time then it is not your passion.

Learn to love what you do right now. Start affirming, "I am so happy that I love my work," even though it may not be true at first. Look for the good in your current situation. Maybe, you have an opportunity to practise kindness, to help a co-worker gain a promotion or recognition that they deserve. You could offer your firm's customers a better level of service, or ensure that the office gossip stops with you. Whatever you do, and wherever you are, you can make a difference.

Small indulgences

By far the greatest majority of people in the world are the ones who like their job even though they don't necessarily feel passionate about it. You don't have to change careers. Just ensure that you add passion into some area of your life, because a life without passion will, in time, become mundane and boring. A friend of ours calls these small indulgences.