



lessons from my life...

jimi hunt

HI, I'M JIMI HUNT

On the day before my 39th birthday I made a decision that I wanted to do a couple of things; One, was to really, fully, commit to doing something for an extended period of time, in this case, writing. And two, share with my friends and followers some of the things that I have been fortunate enough to learn during my time on this planet.

The cool thing about putting it out on my [Instagram](#) account was that it meant actual accountability for me. I had told over 11,000 people that I was going to do it, I had made this countdown from 39 in images on my feed, now, I had no choice but to make it all the way to #1.

I don't claim these to be an exhaustive list of things I have learned, I don't claim these as overly profound or prophetic, they are simply 39 things that I have learned that have made my life immeasurably better.

Hopefully, by reading them, they may help you as well.

But just to be clear, as this is the work I do, **READING THIS BOOK WILL NOT MAKE YOU ANY BETTER!**

This book is simply information on a

computer. Information is useless without action. Absolutely useless.

So, if you would like to make some change in your life, read these lessons and then make some actual decisions to make some actual change.

I have a free 100 day email program called the [Basic Reset](#). It's worth checking out if you're to make some change.

And, the best book I've ever read around creating change is 'Atomic Habits' by James Clear. If you're serious about making some change then I highly recommend putting this one on your reading list too.

Well, I hope you enjoy my life lessons.

Get in touch if you need anything.


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DON'T BE A DICK

Sounds like common sense. People say, 'Yip, got it, I'm not a dick.' But you probably are. Maybe not in a general sense but probably in a situational sense.

I used to be in a general sense. Now I work hard to not be even in a situational sense.

Here's the lesson though... Don't do it for other people. Do it for you. My journey to becoming less of a dick has created a happier and healthier life for me. Life is easier. Things simply work out better.

It's a simple process that I use for most things:

1. Be aware of your behaviour. Catch yourself being a dick. Acknowledge it. See it.
2. Take radical ownership of it. Yes. I was being a dick. I own the behaviour I just did. I'm sorry about that.
3. Change it. Take a second, look inside, make a conscious decision not to react that way next time. Change your neural pathways one thought and decision at a time,

Rinse and repeat for the rest of your life.

That's it.

EVERYTHING INSIDE, CREATES EVERYTHING OUTSIDE

Now, I could talk on this point in regards to spirituality or quantum physics but I will talk about it simply in regards to practicality.

Everything on the inside; your thoughts, feelings, habits, reactions, behaviours etc creates your entire world and everything that you experience within that. So very often we default to an environment created from the outside in instead of inside out.

We tend to believe that achieving and obtaining external or material things will help us change ourselves internally. We reason with ourselves that getting that money, job, significant other, car, new phone or whatever, will make us happier, calmer, less stressed etc.

We also know inherently that this is not the case, but we often can't stop ourselves from doing it.

I always chased happy. I always tried to achieve things in order to make myself different. I thought those things would make me better. Happier. More fulfilled.

It wasn't until I started focussing **ONE HUNDRED PERCENT** on changing who I was inside that I started seeing actual change.

I worked (and continually work) on me. I try to be more compassionate, loving, empathetic and caring, to myself and to others.

Guess what happened when I did the work?

I started making more money. A lot more. I didn't take any business courses or work harder (I actually worked a lot less) or make more sales calls. It just happened.

I also started having better relationships, more contentment and a happier life.

It sounds completely paradoxical, but it's true, and it works.

Fuck everything external. Work on you. When you do, everything external will then fall into place.

I've seen it in myself and in enough other people to know it's the truth.



LISTEN TO YOUR GUT

You have two choices when making decisions; listen to your brain/mind/thoughts, or listen to your gut/heart/intuition.

I have slowly learned over and over again that I need to choose my gut every time.

Firstly, my brain is stupid. My logic is built on bullshit. And all of the facts and experiences that I know and have are never the complete picture. They are just my own biased and skewed view of life.

I do, however, know that the more times I pause, become quiet, listen and then feel my way forward the more I make the right decisions over and over again.

We know what the right decisions are, we just have to be courageous enough to get quiet, hear them and then trust them.

And on another completely different note. Listen to your gut, never trust a fart.
#twoforonelessons #travelsinmexicoandindia



LIFE IS A MARATHON, NOT A SPRINT.

I spent the majority of my life in successive sprints.
And as you probably can imagine, that shit is tiring.

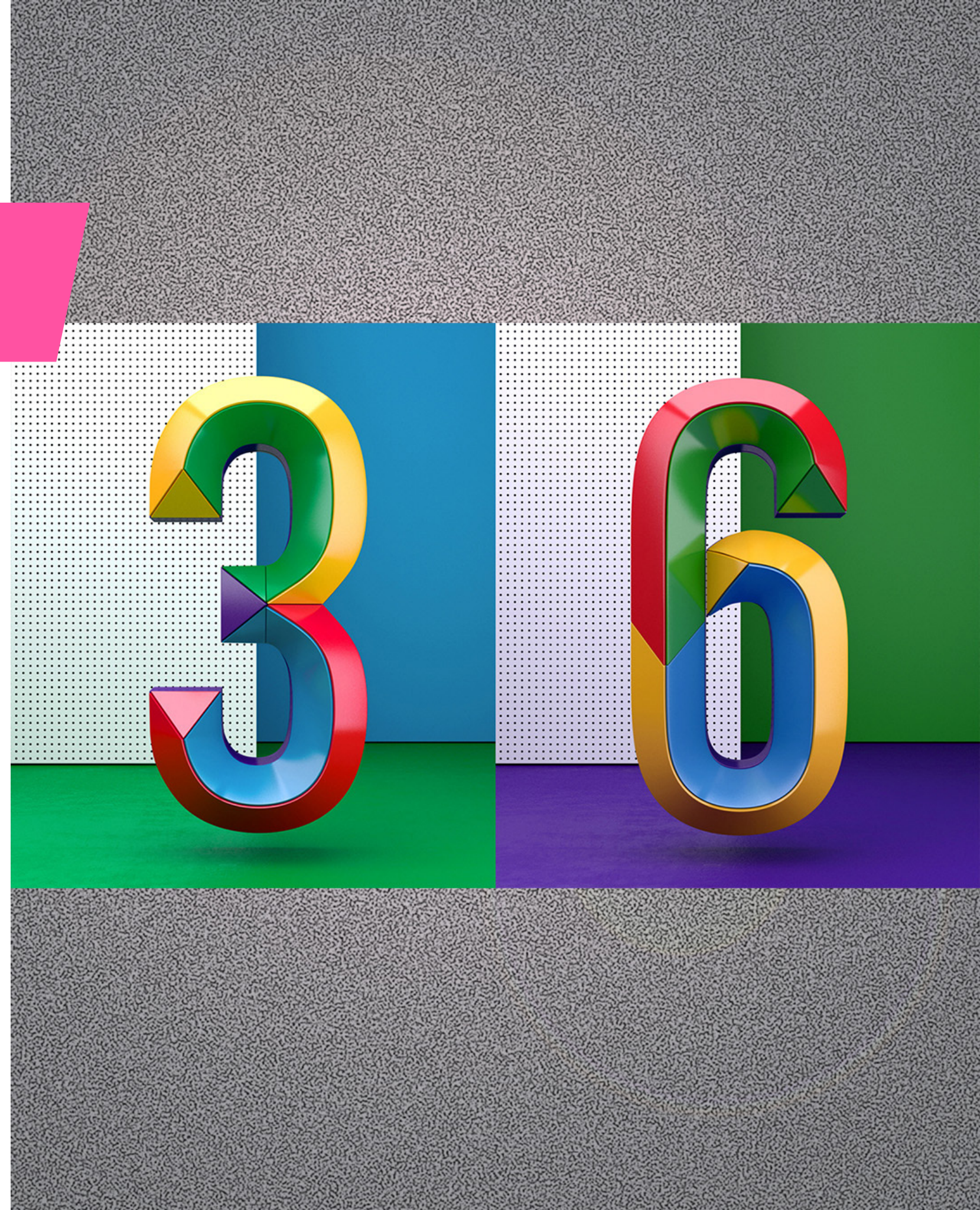
I sprinted to try and achieve things, or change things, all at the expense of looking at the big picture. I realised that I can't be looking for these quick fixes, these grand gestures, or this instant gratification, life is a marathon, not a sprint.

@james_clear explained it best in his 1% theory.
True change comes from constant small gains, 1% at a time.

The maths on that is astonishing. If you change one percent every day for a year (that's 1.01 to the power of 365) you get 37.8 . You are 37.8 times different in a year!

Our job here on earth is to grow and evolve. If you want to do that you have to do the work. But the work doesn't have to be daunting, just 1% better every day.

If you start putting in that simple, easy, small but consistent work... You will transform your life, business, relationships or whatever it is you want to change.



TELL PEOPLE YOU LOVE THEM



This one is less esoteric and more straight-up practical. And even if slightly clichéd, it doesn't make it any less poignant.

My friend @nicosauraus and I were having a chat about funerals and how it's only when you die that people say nice things about you.

In yesterday's post I said that life is a marathon, not a sprint. But it ends for every single one of us at a time that could come as a complete surprise and a lot sooner than anticipated!

Your partner, child, friend or parent could literally die in the next second. There. Gone.

Did they know how much you loved them? Did you tell them?
With actual descriptive words to their face?

We're afraid of looking silly, we're afraid of rejection or feeling uncomfortable. I'll tell you now what's more uncomfortable than any of those things... having them gone and being left with the awful feeling that you never told them enough what they mean to you.

I said this life lesson is practical, here's the practical part; make a list. List all the people you love. Then tick your way, one by one, through the list, telling each and every person that you love them, why you love them and how they make your life, and the world, a better place to be.

DO IT FOR YOU

Recently I wrote a post about how I don't care about social media anymore. How as an 'influencer' my likes, comments and engagement were literally how my agents and clients calculated my value. I said I wasn't going to get hung up on that anymore... And I'm trying hard to make that the case.

Social media is a test for me. It's a test to see if I believe what I'm saying.

My last post got 25 likes. Twenty five! I have 10.8k followers and usually average about 400-500 likes. It was posted at a decent time, with appropriate hashtags and what I felt was a good, and important, life lesson. No idea what happened there.

But, this is a test for me.

I won't lie, it hurt a little bit. But, very quickly I got over it. You see, it is not a reflection of my worth or the (lack of) importance of the words I wrote. Nope. It just is what it is.

I said this at the start, these 39 days are not for you, they are for me.
(Although it will make me smile inside if you take any value out of the words I write.)

These posts are part of my journey, my growth, my evolution.

This is a very important lesson that can take many opportunities and a lot of time to learn; do it for you, no one else.

Write for you, draw for you, paint for you, create for you. If other people vibe with that, amazing, fantastic. If they don't, it doesn't matter, it wasn't for them anyway, it was for you.

And that's all that matters.



WHEN IS IT ENOUGH?

We seem to have an innate desire for 'more'. More of everything; money, fame, love, possessions, connections, whatever...

But when is it enough?

I think the answer is 'when you truly find gratitude'.

To be grateful for what you have and the ability to be able to sit in the 'now' with complete contentment.

It doesn't mean that you can't do things from then on and achieve 'more', it's just that you would be just as content if you didn't. You have enough no matter what you do or do not do. You are enough.

This is a poem that the author Kurt Vonnegut published after his close friend, Joseph Heller, died;

The poem is called 'Joe Heller'

True story, Word of Honor:
Joseph Heller, an important and funny writer

now dead,
and I were at a party given by a billionaire on Shelter Island.

I said, "Joe, how does it make you feel to know that our host only yesterday may have made more money

than your novel 'Catch-22' has earned in its entire history?"

And Joe said, "I've got something he can never have."

And I said, "What on earth could that be, Joe?"

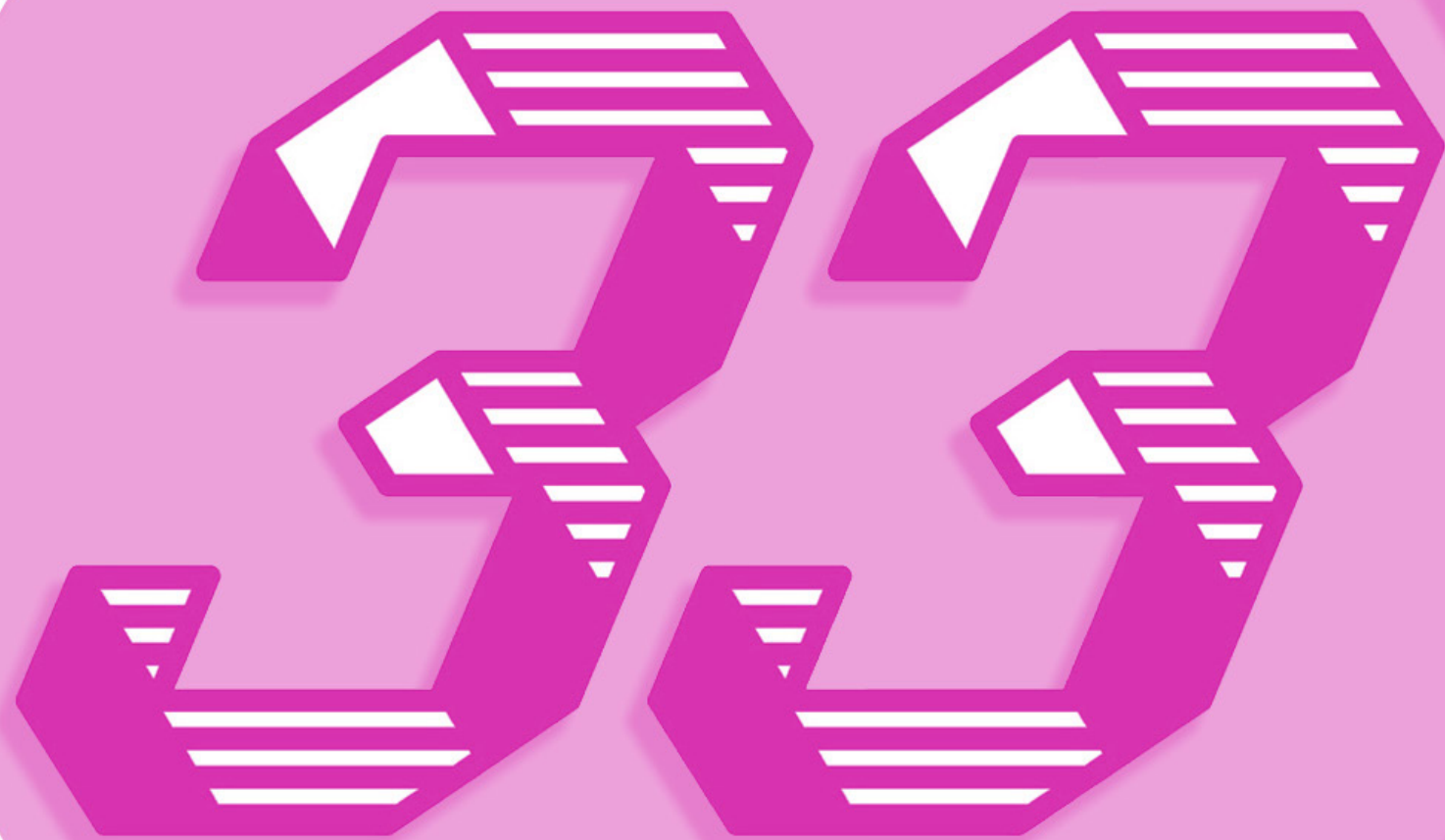
And Joe said, "The knowledge that I've got enough."

Not bad! Rest in peace!"

— Kurt Vonnegut
The New Yorker, May 16th, 2005

'More' will not make you happy, or content, or fulfilled.

Know when you have enough.
Know that you are enough.



IT NEVER STOPS...

I'm trying to be a better human. I'm trying to grow and evolve. But, here's what sucks and what is awesome all rolled into one; it never stops.

Your evolution and growth never stop. And if you ever get to the point when you're through changing, well, then you're simply through.

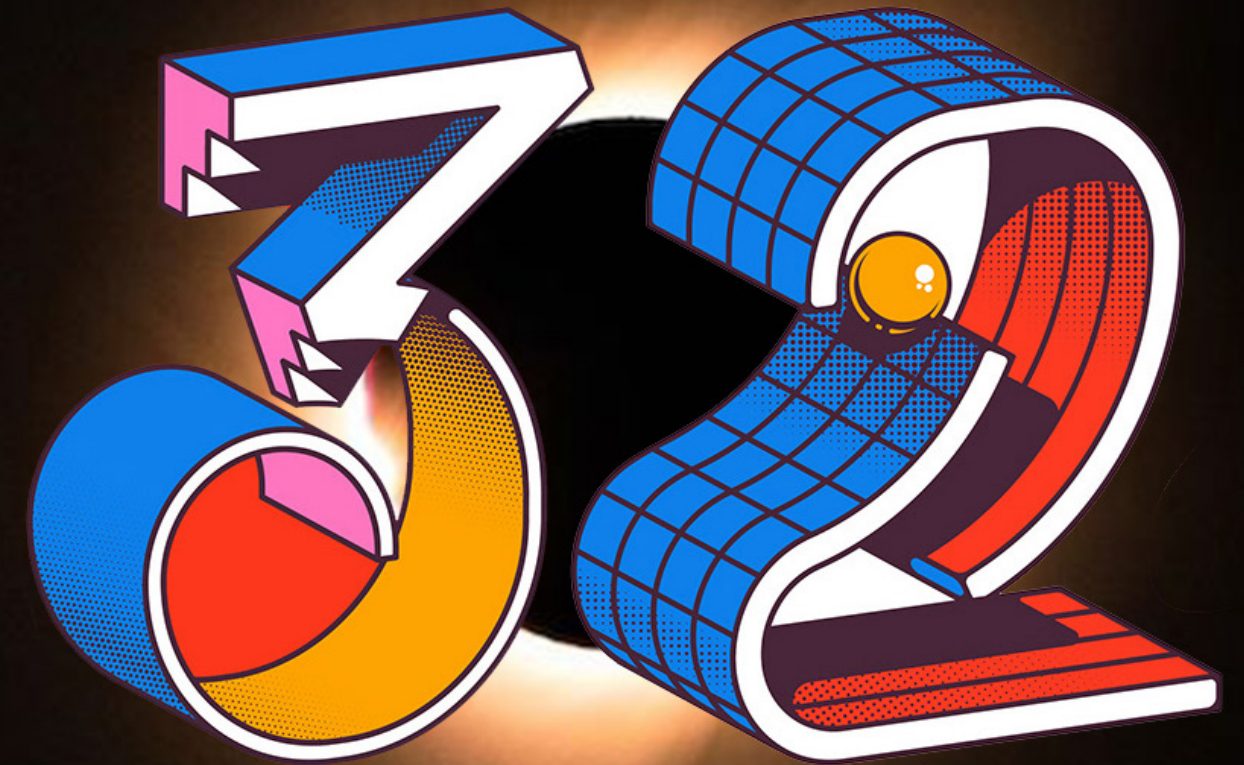
It's the hardest job in the world, evolving as a human. It is constant lesson after lesson and constant work. Ignorance can be bliss but it quite often isn't. And if it actually is, it certainly isn't rewarding.

Making the decision to become better was the best and most rewarding decision I ever made.

I sometimes get tired, annoyed and sick of doing the internal work. When that is the case then I know I'm really close to a breakthrough. I know that if I keep going and don't stop when it feels too hard and when it feels easier to just walk away, the reward is really close.

Sometimes I wish it was a big, shiny, really obvious reward but most of the time it is simply a small piece of new understanding, of perspective, of love, of compassion or of happiness.

And it's worth it... I guarantee you it's worth it.





EVERYTHING IS A LESSON

I have a theory; the Universe uses lessons in three ways...

Stage One, I call 'The Feather'. This is everything that is happening to you every single day, all the time. The person next to you at the checkout, the way you speak to your partner, how your day went at work. These are the Universe testing us in little subtle ways with a light, gentle touch. Are we paying attention? Are we learning from these small and seemingly insignificant interactions? Yes? Then, great. That's the end of it.

Unfortunately, most of us aren't listening and learning to these small things most the time.

So, the Universe then moves onto Stage Two: 'The Punch'. It's a good solid whack to the upper arm. It hurts. You don't want another one. But, it doesn't incapacitate you, you can handle it.

Punch. Punch. Punch.

This is the Universe saying 'Hey, listen to me, I'm trying to teach you a lesson'. This could be by way of a fight with a friend or loved one, a telling off from your boss,

a seriously good opportunity taken away from you etc.

These are lessons that you need to learn. Learn them now and you're all good. You stop getting punched.

But, quite often we just power through all of that. 'Don't worry! I'll be ok! I'm busy! I have things to do! It's not that bad!'

You don't listen. So, the Universe sends Stage 3: 'The Car Crash'. **BOOM! SMASH!** You are out of commission. Chronic fatigue, big accident, sickness, you get fired, lose your business, partner cheats on you.

You **HAVE** to confront this lesson.

There are only two options here. You can either learn the lesson or be doomed to repeat it. Why do my partners **ALWAYS** cheat on me? Why do I **ALWAYS** end up in toxic workplaces? Because you don't learn the lesson that's being shown to you and change your behaviour.

Start tuning in. Start listening and start learning the lessons that are served up every day by the feather, so you don't have to have any more car crashes.

ACTION OVER KNOWLEDGE

Don't get me wrong, knowledge is good and learning new things is great but, knowledge is **COMPLETELY USELESS** without action.

The self-help industry is worth billions of dollars per year **AND GROWING!** Does that mean it's not working? Or the information isn't good? No, it means that we, as humans, are terrible at putting knowledge into action.

It's not about goals, it's about systems and processes. You are not what you know, you are what you put into practice every single day. You are the result of those daily habits and processes.

The best book I've ever read about action and systems is 'Atomic Habits' by James Clear.

Just remember, every action that you take is a vote for who you want to be.

So, remember to ask yourself before you do anything, is this a vote for, or against, who I want to end up becoming?



EVERYTHING IS A CHOICE



EVERYTHING. A lot of people find that hard to comprehend or take ownership of.

'I didn't **CHOOSE** the shit that happened to me!'

Well, I tend to think you probably did, consciously or subconsciously. But, whether you're onboard with believing that or not, it doesn't actually matter, because it's happened to you. It simply is.

Once you recognise that whatever it is that happened is just a historic fact, from that point onwards how you respond and act is a choice. Yours. No-one else's. Your choices might feel difficult to make or they might feel shitty, but they are still your choices.

You always have two choices in any situation; love or fear.

These two states sum up the raft of emotions at either end of the spectrum.

I remember when my first wife left me. Fuck it hurt. I didn't **CHOOSE** that!

But I did. Looking back, I chose all of my behaviours leading up to that moment and her leaving was the consequence. Once it had happened I only had two choices - love or fear.

I had been choosing fear over and over again for a long time leading up to her leaving and the moment she did became the catalyst for me truly understanding the power of choice.

I realised I could continue to choose fear, self-destruction, anger, sadness, resentment etc. Or, I could choose love.

I did choose love, for the first time in a long time. Love for myself. At that time love for myself looked like going to the supermarket and buying healthy food for dinner, going to sleep and getting up the next day and going to training. Instead of retaliating, eating trashy food and giving up on what I was working towards at the time.

That's what love looked like.

Within every single moment of your life you have two choices; love or fear. We seem to default to fear **A LOT**. That's ok, we're human and the way we've been taught to view the world makes choosing fear seem like a more 'normal' response. The key to changing for the better is to consciously choose love as much as you possibly can in any given situation. Even the big, ugly, scary ones.

IKIGAI

Ikigai (pronounced Icky Guy) is a Japanese concept that translates to 'reason for being' or 'thing that you live for'. Or as we may say in the Western world, a sense of purpose.

It is an incredibly important part of wellbeing. Having a reason to get up in the morning that you genuinely give a shit about.

I owned a branding and design business. I liked my work. I was good at it. It paid me money to live.

It's wasn't my ikigai. I didn't have an ikigai.

That all changed after I lilo'ed the Waikato. If you're new to my page and don't understand what that is, you can watch the documentary on my website.

After that adventure (which I did 100% for me) people began to tell me that I had

changed their life. I didn't understand it. I was simply doing something for me. I had no idea that speaking about it openly and honestly would affect anyone else.

Little did I know at the time that this would become my ikigai.

Little did I know that you, the person reading this, would be my reason for being, the thing that I live for, the reason that I actually get up in the morning.

Having an ikigai has been researched as the reason that people live up to 10 years longer, have less sick days and record increase levels of happiness.

It doesn't matter if your ikigai is gardening, teaching, sport, learning or creating new relationships... If you have one, you get those benefits.

Thank you for being my ikigai.



DON'T OVERESTIMATE THE PEOPLE ON PEDESTALS



Here's another saying that is appropriate; "Never meet your heroes."

Perception can be a crazy thing. As humans, we tend to idolise people, put them up on pedestals and assign them almost superhuman qualities that even they can't live up to.

We think people are smarter than us, prettier than us, cleverer than us and so on.

I'm lucky. I've had the fortune to meet some amazing and brilliant people. But one thing I've learned is that no matter how high you go, no matter how amazing and brilliant they are, they're simply a person. Just like you and I. Who may have had more opportunities and resources than us, or may have worked harder for their achievements but the fundamental differences are much, much smaller than you imagine.

These people are human, like you, they have worries and anxieties, they have relationship problems and business failures.

You can still admire people, look up to them, learn from them...
But please, never overestimate the people on the pedestals.

WE ARE ALL GOING TO DIE

This is a hard fact.

It is also one of the biggest fears in the world. The Western world especially...

This realisation falls mainly into two categories; Many people are massively afraid of death and will go to any length to try to avoid it. Death is the great unknown and we as a species tend to greatly fear the unknown.

Often, people will be so afraid of the finality of their life they will try to live as risk averse as possible, to be as safe as possible in order to extend their life as long as possible. Often at the expense of truly living.

On the flip side, being aware of your own mortality can be the most liberating realisation in the world.

This is how I feel.

Knowing that we are all going to die one day and not having any idea about or control over when that day will be makes me want to live as much as I possibly can. And I don't mean as long as I possibly can, but as fully as possible. Making sure each day is interesting, fun, fulfilling and rich with experiences. Filling my life with meaningful exchanges and relationships and enjoying the experience of being alive. I don't fear death because I know I have lived.

It doesn't matter if you believe in heaven and hell, reincarnation, a transference of energy or simple nothingness, life is just a game you play until you inevitably die.

The question is, how are you going to play the game? With love? Or with fear?





PATIENCE IS A CHOICE

I write this as I sit during layover number one of three. 24 hours of layovers, 20 hours of flights.

I used to hate waiting. Fuckin **HATED** it. Couldn't handle it. It pretty much drove me insane.

For the past seven years, I have been working on myself, every day. One of the things that I have been working on is patience. I started at zero. Literally. Zero patience.

Now, this journey I'm on right now back to Mexico doesn't bother me. How did that magically happen, you ask?

It didn't magically happen. It happened in the same way I teach every other form of change; constant conscious choices made repeatedly over time.

I started small. I waited for my wife (on reflection, I started quite big). She and I go at very different paces to each other. We have different priorities and while she is super patient by nature and likes to take her time with things I was not on the same schedule and would get antsy waiting for her to hurry up. Just by being with someone like this I had to learn patience.

I practised that patience again and again and again. Slowly, I started caring less and less about waiting. Over time and with consistent practise it stopped bothering me if I wasn't constantly moving. Now, I am more patient.

The answer to being more patient is not rocket science (it's neurological science). It's simple, repeatable, conscious decisions.

Just like if you were working out your biceps; they get bigger with repeated movements, so do your internal traits.

Why bother learning to be more patient? Is it really necessary? Well, yes. For me it means I get to spend more time connecting with my wife or whoever's else I'm spending that time with because I'm not in a hurry to move on to the next thing. It means that things that would bother me in the past, like traffic queues or things moving at a slower pace are now a chance for me to sit with myself and have a moment or two of quiet or a chance to listen to music I love for longer.

It has changed my perspective.

It has changed my life.

NOTHING CHANGES IF NOTHING CHANGES

This is some common sense shit that took even a smart person like me most of my life to realise.

Einstein said 'The definition of insanity is doing the same thing over and over again and expecting a different result.'

Most of us are insane.

Most of us keep going through our daily lives and continually hoping for change to happen then being disappointed when it doesn't. We complain about our lives not feeling enriched or rewarding, or, even worse we aren't even aware that we are just going through the motions perpetually on a mundane hamster wheel.

The answer is quite simple. If you want a different result, a different outcome, a different physical body, a different state of mind, then you have to DO something different to what you are currently doing. What are the simplest ways to begin? Get up earlier, go to bed earlier, work smarter, meet new people, eat better foods, learn new skills... It doesn't matter what it is, it just has to be different to what you are doing now. It may work, it may not. It doesn't matter. But it WILL lead you to new experiences, new outcomes and new learnings and your life WILL be different because of it. Things will change. Your perspective will change and new opportunities will appear out of seemingly nowhere.

I know what it feels like to be stuck in the rut of doing the same thing over and over and over and not changing. It's frustrating, boring and definitely not interesting or fulfilling.

The answer is simple, do something, anything, different.





SPEAK IT

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We do not compliment each other enough. And what I have also anecdotally found is that people think nice things about other people in their heads, but then don't speak those things out loud to those people.

This is your gentle nudge to do that. If you see something beautiful in someone, speak it.

Here are two notes on compliments though;

Complimenting someone on their appearance is nice. 'You look lovely today', 'I love that outfit', 'You have pretty hair'. All nice, no problem there... But, they are all external compliments which don't reach to the core of who someone is.

When you compliment someone, try to say something about their internal being; 'I love how kind you are', 'You are so thoughtful', 'I'm so lucky to have you as a friend' etc. These are all about the person inside. These are the ones, that when received, make you feel genuinely loved and appreciated.

The second note is about receiving compliments, and this is **ESPECIALLY** relevant to 'humble' New Zealanders...

When someone compliments you, DO NOT deflect that compliment or play it down! We act like we're being humble and self-deprecating but we are actually energetically rejecting the truth that we are the compliment as well as rejecting the person who gives it by basically telling them that they are wrong.

If you are someone who 'isn't good at receiving compliments' here is today's lesson in exactly that: You only have to learn two words for when anyone compliments you, you don't have to say **ANYTHING** else if you don't want to. You ready? Good... Learn this two-word response;

'Thank you.'

That's it.

Accept the compliment and be happy.

CHANGE ONLY COMES FROM ONE PLACE

Well, that's a bold statement, but in my experience, change **MAINLY** comes from one place, and that's discomfort.

If you are not uncomfortable, you are hardly going to get off your ass and change something.

This works on both an internal and external level. If the airconditioning is pleasant, you don't change it. If it's too hot or too cold then you experience discomfort so you get up and change it, right?

If you have behaviours that aren't great for you but don't put you into a state of serious discomfort, then you don't bother changing them.

Serious discomfort for me was hitting 'rock bottom'. I got to a place of having suicidal thoughts and almost suicidal actions. It took me far too long to get uncomfortable enough to actually change anything.

I don't want that for you.

I want you to **CHOOSE** discomfort now. Slight discomfort.

If you choose slight discomfort now, you can avoid serious discomfort later on down the road.

Slight discomfort might be going for a walk, eating a little healthier, getting up a touch earlier to meditate, taking time out to work on your thoughts, writing in your gratitude journal every day, reaching out to others, speaking up for yourself, re-evaluating your relationships, being brutally honest with yourself...

All of these things can be a little uncomfortable if we're not used to doing them so we tend to avoid them.

But, discomfort is the catalyst to making the change that we need to make. It's where our growth begins.

And paradoxically, it's where the happiness and contentment lies...





YOU ARE ALLOWED TO OUTGROW PEOPLE

My friend Sally taught me a cool little saying;
Everyone comes into your life for a reason, a season or a lifetime.

As humans, we tend to think everyone should be there for a lifetime. And that we should be there for them for a lifetime. It doesn't have to be like that.

I talk about growth and change a lot and how important they are;
But remember, we all grow at different rates. We all grow in different directions.
And some people don't grow at all...

You. Are. Allowed. To. Outgrow. People.

It doesn't mean you have to discard or 'dump' them if you don't want to, you're just allowed to slowly drift away from them, towards where you need to go.

Maybe they turned up to teach you something, maybe they just turned up for a period in your life. But it is ok to move past them. The key is being present enough and aware enough to view all your relationships through that lens. It may absolutely hurt as some people move away, but clinging onto them and not letting them outgrow you is equally painful.

Follow your path.

MEDITATE

I'm guessing that not many of you have a regular meditation practice. You should...

I could tell you all about the neuroscience of meditation. About how with meditation you can regrow the grey matter in your brain that controls most of what you sense and do. Or, how you can literally re-wire your brain.

But even with that information you probably still won't do it.

I can tell you the when the best-selling author and podcast host Tim Ferriss was writing his last book *Tools Of Titans* (which is about the most successful people in the world), he said that the number one take-away for him personally was that over 95% of these extraordinary individuals had a daily meditation practice.

But you still probably won't do it.

So, here is the practical proof...

In 2015, Berkeley University introduced a program called 'Quiet Time' into the lowest decile public school district in San Francisco. Over 6 months the program had the kids simply do two 15 minute sessions per day of sitting down quietly with their eyes closed.

That's it.

Just sit there. If they didn't want to, they

could even keep their eyes open and simply stare out the window. A wonderful break for the kids (and the teachers!). Guess what happened?

Shootings went way down, stabbings way down, truancy way down, fighting, anger and frustration, all way down.

And guess what else? Attendance went way up and test scores WAY up.

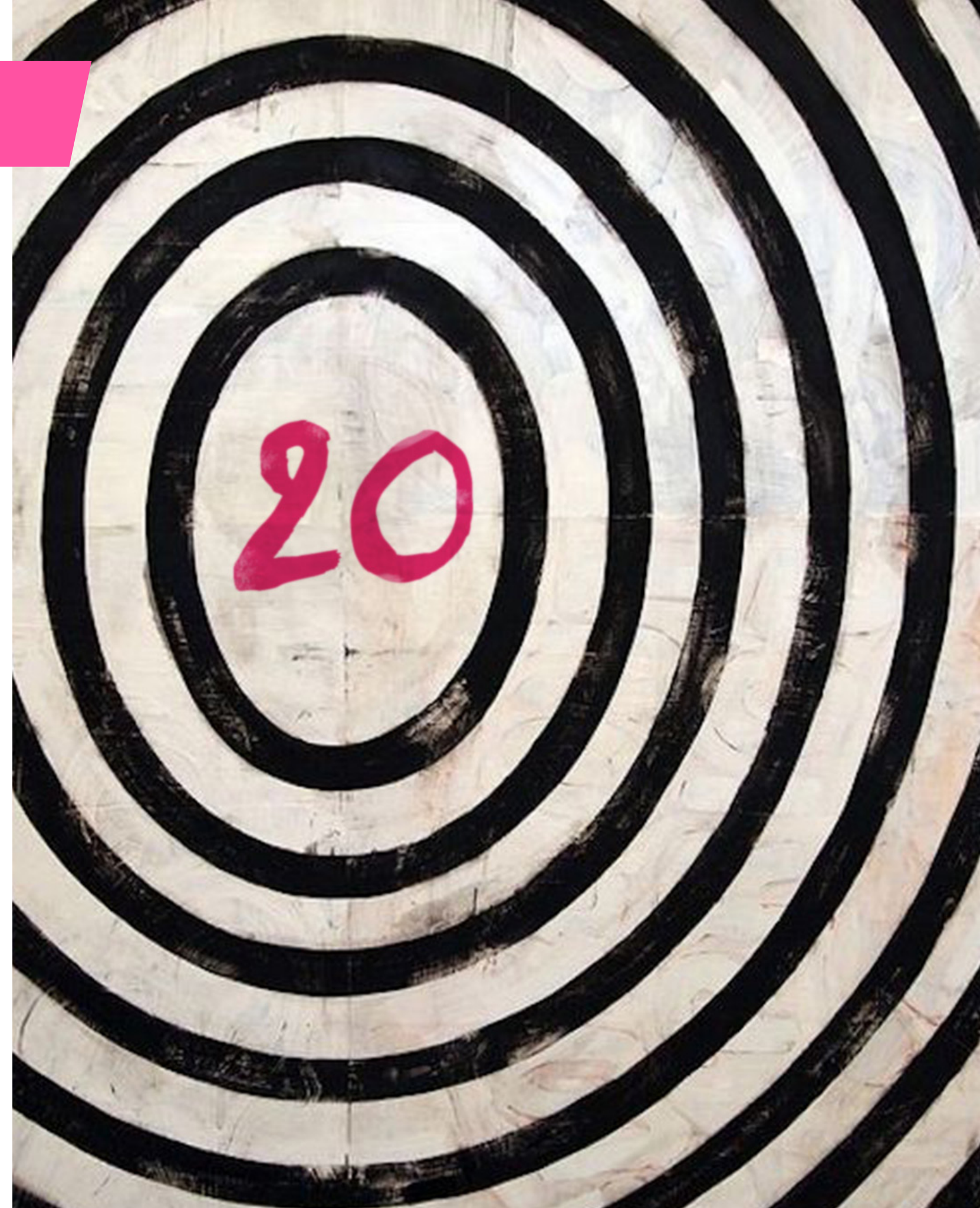
Look what these low-decile kids achieved without even really knowing what they were doing!

Imagine what you, the smart, educated and comparatively well off person reading this could do if you applied the same practice as those kids!

Want to **REALLY** observe your thoughts and understand yourself? Meditate. Want stop being so angry, or stressed, or reactionary? Meditate. Want to be happier, healthier, calmer, smarter and better at understanding and regulating your emotions?

Meditate.

Don't know how to start? Ask Google. Or ask me. In my Basic Reset program you can learn the simplest way to begin meditating so that it becomes an enjoyable and consistent part of your life.





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INTRINSIC OVER EXTRINSIC

In one particular year, I built the World's Biggest Waterslide, wrote a best-selling book, opened TEDxAuckland in front of 2,500 people, fronted a national ad campaign for the biggest company in the country and was a finalist for NZ Innovator of the Year and New Zealander of the Year.

I was *really* sad that year.

To me the water slide event wasn't successful enough, the book barely broke even, the TED talk didn't get enough views, the product sold terribly and I did not win either Innovator or New Zealander of the year.

That year sucked.

It was also life-changing.

Not because of any of those achievements but from the realisation that **NONE** of those things made me intrinsically happy. They each made me feel happy for a short moment, but not in a lasting sense.

My whole life had been spent 'chasing happy'. The next achievement, thing, relationship or more money... Whatever it was, that next thing was the thing that would make me happy. Guaranteed.

It took the condensing and achieving of all of those things into a short period of time to make me finally realise that my happiness was not 'out there', it could only be found inside. I had to make it myself, from within myself.

That simple mind shift was the catalyst to change my life. I stopped chasing happy and began creating it inwardly.

This is not a new concept, all I'm doing here is parroting what wise people have said for eons. But maybe this post from a not-as-wise-as-them-person could be the catalyst for you to also start looking inward for your happiness, instead of searching for it out there.

LISTEN TO YOUR WIFE

There is one person who I spend more time with than any other (by a mile), her name is Libby Grace ([@grace_in_her_heart_](#)) and she's my wife.

My lesson is not to 'listen to your wife' in the traditional sense although that is still solid advice. My lesson is more about listening to your wife in a reflective sense.

Our intimate partners are usually our greatest teachers and greatest reflections of ourselves. They are the ones in our close proximity that are there to teach us our greatest lessons.

Whenever Libby and I have an argument it's always an opportunity to listen. In fact, listening is one of the things I need to learn the most. I complain that she doesn't listen to me, but she is simply reflecting what I do to her and a lot of other people, not listen well enough.

People are put in your way to help you grow, but if you want to grow, you have to listen. Listen to your wife (or husband, or partner, or even flatmate). The closer they are to you the greater the teacher.

P.S.

Also, I listen to my wife because she is wise. You know how my Instagram posts always read so well? Yeah. That's because Libby edits each one. Sometimes just spelling and grammar, sometimes whole paragraphs and directions. She knows what I'm trying to say but I sometimes can't quite capture it and then she helps me articulate the message. Just one of the 6,436,212 reasons why I love her.



100% YOUR RESPONSIBILITY

17



This is one of my favourite quotes; "Your trauma is probably not your fault, but your healing is 100% your responsibility."

Your trauma was more than likely put upon you against your will. An act or event, or even just the way you were raised. Your trauma is probably not your fault. Shit happens, unfortunately.

But here's the confronting truth... You are not even likely to get an **APOLOGY** from whomever or whatever caused your trauma, let alone have them heal it for you.

There is only one person who can heal your trauma and create a new future, and that's you.

I didn't understand that for a long time. I couldn't take that radical ownership of my current position. I wanted to pretend I was in another position or blame my situation on anyone or anything else.

You can start by letting go of feeling like you need an apology for what happened to you and simply understand that where you're at is where you're at.

That's something that people often have a hard time coming to terms with but, honestly, the faster you can understand that an apology isn't **ACTUALLY** going to heal you, the faster you can begin to heal yourself.

You don't even have to go back into your trauma, relive it or rehash it, you simply have to move forward with love (for yourself) and start making the new habits and neural pathways that will take you forward.

Change only started to happen when I took 100% radical ownership of where I was at, my reactions, my situations and my results.

That ownership is what creates all my growth to this day.

BEST & WORST

Yes. This is an old version of me. I now look at him with empathy. He was sad, lost, alone even though he was surrounded by a lot of people, desperate, scared and had no idea that he had a problem, let alone how to fix it. (A guy had just pointed a gun at him as well which didn't help.)

This was the worst period of my life.

Not too long after, my wife left me. I cried. And cried. And cried. I felt such an immense amount of pain and hurt that came like an avalanche down on top of an already big pile of figurative shit.

That was the worst day of my life.

Fast forward 10 years and if you asked me today what was the best thing that ever happened to me, I would answer two things... My depression and the day my wife left me.

My depression was horrible and if I could wish away the pain and torment I would be tempted to. But actually, it's the pain and torment that was the catalyst for my change and growth and all of the learnings

that I have had and subsequently been able to share.

I loved my first wife with all my heart but we were only together for a season, not a lifetime. And if she hadn't left me then I would never have been in the right place to meet Libby. Someone who is more perfect for me than I could have ever imagined at the time.

In my last post I talked about letting go of the need for an apology from the person that caused our trauma. For a long time I wanted an apology from my wife for what she had done to me. Now, I am grateful for what she did. It was exactly what I needed without knowing I needed it.

The point is, we really have **ZERO** idea what is actually the best or the worst. We just put our own skewed perspective on our life events.

Perspective can be trained just like a muscle. The more you train it the more you will be able to, in the moment, understand that this might feel like the worst, but very soon it might just be the best.





I DO NOT OWN YOU

I am in a relationship, like many of you may be, but one of the big lessons I have learned in relationships actually came from a lesson my wife learned and passed on to me;

'I do not own you and you do not owe me anything.'

We may be in a committed relationship but we **DO NOT** own each other. We are two separate, beautiful souls traversing this life and we just happen to be doing that together at the moment.

We do not owe each other anything. If you are in a relationship and you give something to someone else, they do not owe you anything in return. You gave it freely and willingly of your own accord. Libby owes me **NOTHING**. And I owe her nothing in return. But I am truly grateful for everything she has given me.

Both of us have been married before. When we got married to each other, we did not stand up and declare that we would 'be together forever' as is in many traditional

wedding vows. We understand that we don't know if it's a reason, a season or a lifetime for us.

In place of that, we do something a little different. Every single morning we wake up and the first thing we say to each other is 'Good morning. My soul chooses to be with you today.'

TODAY.

Not 'this week, month or year'. Just today. We can only promise today.

If we wake up and don't feel like saying that, brilliant, we know we have to deal with something **NOW**, not hide it away until it becomes a massive problem and torpedos the relationship.

We understand that one day, one of us might not make that choice. But that's ok, we do not own each other and we owe each other nothing.

But until then, I'm going to keep choosing her every day, for that day.

GIVE, EXPECTING NOTHING IN RETURN

Someone once asked Gary V if he felt people took advantage of his kindness and generosity. He simply replied, 'You can't be taken advantage of if you don't expect anything in return.'

I really think that I give and give and give. As much as I can to whoever needs it or asks for it, to the level that I feel comfortable giving.

(Side note: You can **ALWAYS** say 'no'. Never give more than you can afford emotionally, monetarily or in regards to time.)

In the past I used to become a bit despondent because I felt that people took far more than I was able to give. I had a very transactional mindset. I gave **SO** much and surely that meant people should return that much to me. But that didn't happen and, of course, it doesn't work like that. It felt unfair that people would take advantage of my generosity and I would receive nothing in return.

Eventually, I learned to apply a mindset of giving and expecting **NOTHING** in return. I had worked on letting go of expectations in all areas of my life and this was a perfect example of something that I could let go of. Now, If I lend people money, I assume it's never coming back. If I give people my time I don't expect them to ever return the favour. That mindset change created a beautiful sense of freedom in my mind and soul.

Giving selflessly becomes its own reward.

It sounds corny as fuck, but it's true.

Even if I don't get back nearly as much as I give, it doesn't matter anymore, I get everything I need.

Photo by Alexandra Drewniak (www.ladydrewniak.com)





FUCK IT

Now, this lesson is easier to espouse in person because it's all about tone...

There are two types of Fuck Its.

Firstly, there is 'fuck it...' said in almost a throw-away tone. 'Meh, fuck it.' It encapsulates the learning that we assign 'importance' to far too many things in this life that simply don't warrant it. Things that we shouldn't care so much about, yet we do.

This is a statement of letting go. Fuck it. It doesn't matter. It's not the end of the world. Don't get hung up on it. It's not ambivalence, it's just the knowledge that you only have so many fucks to give in this life and it's not worth giving one up for a situation that, in the end, is not that important.

Secondly, there is 'fuck it!' This is said with enthusiasm and quite often followed up with a couple of other words... 'Fuck it, I'm in'. 'Fuck it, let's go'. 'Fuck it, we should.'

This is a statement of intent. 'Fuck it. What have I got to lose? What's the worst that could happen?' It's not carelessness, it's just the knowledge that you have to take some chances in this world and if you sit there and do nothing then you will get nothing.

'Fuck' is a versatile word that I use a lot, but these two applications carry with them lessons learned over time and when used appropriately are wonderfully powerful.

Use your fucks wisely.

FRIENDSHIPS TAKE CARE

When I was deep in depression I felt completely alone. The further you slip down the mental health continuum the more insular you become, the more you can only focus directly on yourself.

I felt like I had no friends.

As I moved out of that space I realised that I did, in fact, have friends. But I had the wrong idea about them. I saw my friends as people who were supposed to be there for me, to support me, care about me, ask me how I was doing, that kind of thing. What I didn't realise is that every single person is living their own life and they are their own priority. It is not their priority to check in on me.

Again, this was a lesson in letting go of my expectations of other people.

I now know that good friendships take proactive care on my part. If I would like to have those relationships I have to make sure I put in the effort to cultivate the friendship. This is doubly true for me now

as a person who no longer lives locally to most of my friends.

Curating these relationships takes care and attention. I always make sure that I call often, message often, and drop in when I can. I show them that I love them and that the relationship matters.

Not only does that mean I am creating meaningful relationships in my life, but it also means that my friends know I am there for them should they ever need anything and conversely, if they haven't heard from me for a while they might be inclined to check in with me to make sure I'm okay.

Human connection and interaction is crucial to having good mental wellness. We, as a species, thrive on connecting with other people and while I don't have very many friends, I treasure the ones I do have. And, like any relationship, if you want it to be fulfilling, you have to put in the effort.





HUGS ARE IMPORTANT

The first time I went to India I remarked 'Wow, there are a lot of openly gay men in India.' I was wrong, they weren't gay they simply weren't conditioned by a bullshit Western religion that men being affectionate with other men was a deadly sin.

They hug, hold hands, put their arms around their mates to show them that they care, to give them physical touch.

How important is physical touch? The Japanese culture has put work and business ahead of everything else, including relationships. This has created a culture with very little open intimacy, no touch. In response to this, because of the innate human need for touch, a market has been created for 'cuddle cafes'. Places where you can pay for someone to cuddle or spoon you for a certain amount of time. It's a booming industry.

Platonic human touch and affection is so important! Hug more.

Here are my two important rules for hugs:

1) I hug with my head to the right. This feels awkward. Take note next time you hug someone. 99% of hugs are naturally made with the head to the left. Having your head to the left creates a gap in order to subconsciously protect your vital organs.

You turn them away, creating separation. If you hug to the right, you connect heart to heart. You create intimacy.

It can feel awkward because it makes you subconsciously aware of your own vulnerability but because you're being hugged you have no reason to be worried. Relax into it! Try it. You'll see.

2) I got this rule from a Disney princess; Never let go of the hug first because you have no idea how much the other person needs it.

I hugged a woman in line at the World's Biggest Waterslide this year, the hug lasted about three minutes. After the first two seconds when she realised that I was actually there for her and wasn't going anywhere, she held on, she cried. She needed that hug. I needed to give it to her.

I hug my wife a lot. But this picture is of a special hug, it was a 'We just got a Guinness World Record hug'.

Yes, that's a special hug, but you never know when a simple hug might change someone's day, or literally save someone's life.

Hugs are important. Hug more.

YOU ARE THE AVERAGE

You are the average of the five people that you spend the most time with. Fact.

This was originally posited as an idea around wealth creation. Basically, if you spend the majority of your time with five wealthy people they will teach you how they do things, they will cut you in on deals, mentor you etc. then you will become wealthy like them.

Well, this is true in other senses as well. It turns out your mum was right to be worried about the types of people you hung out with in high school.

If you hang out the most with five people who are rude, mean, angry dicks, then guess what? You will slowly become a rude, mean, angry dick.

If you hang out with amazing, lovely, generous, caring, empathetic people then that is what you will become.

I am a testament to that.

Several years ago I started making serious, conscious choices about only hanging out with lovely people. I was the lowest common denominator of the group.

I have cultivated a set of amazing people around me who all help me to be a better person. They lift me up to their level. There are a few of them, but I married the one I spend the most time with and the other person I spend the most time with is @rachbegrammin and I am grateful to have people like them that I can surround myself with to continue to grow.

Curate your friends. Make conscious decisions who you spend the majority of your time with. It shapes who you become.





BE QUIET

We are a species that loves distraction. Silence makes us fearful and anxious. We will do anything to avoid it.

Music. People. Books. Screens. Anything to not have to sit quietly by ourselves.

This is a problem. Not only are we frying our brains with the constant overstimulation, but we are missing out on the infinite universe inside ourselves.

We need the quiet. For introspection, for growth, for discovery.

Where do you think great ideas come from? Boredom and quiet. Where does self-awareness come from? Quiet.

I know it's scary. But it's also where results lie.

So let's try some small steps... Next time you drive somewhere, don't turn the radio on. Next time someone is running late to meet you don't turn to your phone, just sit there, listen, observe.

When you wake up tomorrow don't instantly reach for your phone, just lie there, listen, contemplate yourself, the universe and your place in it.

I am not saying these things to simply spout esoteric bullshit. I'm saying these things because I have found them to work. Most of my best ideas have come from seemingly nowhere when I have been sitting quietly, allowing creativity to come.

Practicing being quiet brings a sense of calm and awareness. It allows you to be able to observe yourself and your behaviours. Which all lead to being able to live a happier life...

YOU ARE ALLOWED TO SAY NO

Here's another fact; you can be a beautiful, wonderful, caring and lovely human and still **SAY NO**.

People tend to ask me for a lot and I have zero problems with that. If you need ever anything, please feel free to ask. Because I have done a lot of personal work, I am in a place where I can take on a lot from other people.

But I still say no when I need to.

Your capacity for helping other people depends on how much work you have personally done and where you're at now. I told a friend recently that he had to stop helping other people because he wasn't in a place to be able to give and it was causing him to be over stressed and anxious.

We all have our limits. You have to learn exactly what those are for you and know that that is the exact spot where you say no.

If you just say 'No, fuck off.' Then you're probably a dick for doing that. But there are other ways to do it... 'I'm really sorry,

I can't help you right now' or 'I have too much on my plate at the moment and I have to prioritise that. As soon as I'm in a position to help I'd love to.'

There are infinite variations of that. You can say **NO** in many lovely ways that still make you a good person.

Sometimes it might feel difficult to say no but check in with yourself why you feel this way. Is it because you are a 'people pleaser'? Is it because you want people to like you? Trust me when I say that trying too hard to please others or to be liked is not worth the energy and stress that it can create for yourself.

Always remember the clichés... you can't fill from an empty cup, put your own oxygen mask on first, etc etc.

'NO' is one of the most empowering words in the universe. Learning to use it properly is an important part of ensuring that you are taking care of yourself and not giving too much at the expense of your own happiness.





COLLECT MOMENTS, NOT THINGS

I consume. We consume. It's necessary to a point, but after that point it becomes dangerous.

Over my years I've come to learn that things don't really matter. Things are fleeting. They break, get lost, don't get used as much as you thought they would and end up in storage somewhere...

In the grand scheme of things, those things aren't important.

What is important? Moments.

When I was younger my friend Mark and I had a saying, 'You're only as good as the stories you can tell.'

That didn't mean making up bullshit stories or telling them well, it meant getting yourself into fun, interesting, scary or just plain cool situations and having an experience that was fascinating or, at the very least, interesting to share.

When I look back at my life in this moment, I can barely remember any of the things that I bought because I **'HAD TO HAVE THEM!'** at the time. What I can vividly remember is all the moments that I have had and the people that I have had them with.

I can't recommend this highly enough, collect moments, not things, your future self will thank you for it.

I AM

I AM. Two of the most powerful words; for what you put after them shapes your reality.

I am loved. I am fat. I am happy. I am scared.
I am successful. I am a failure. I am.

All of those statements are true if you say them.

Without getting too deep into it, your conscious words contain immense energy. You literally create new neural pathways with each thought and statement you make. Our brains wire themselves to match our words and thoughts.

I'm not sure people fully comprehend quite how much responsibility the words they say and think have for creating their experiences.

Affirmations and gratitude can change your world. For centuries affirmations have worked for everyone from monks, billionaires and sportspeople through to everyday 'ordinary' people like you and me.

Our brains can be just as easily rewired to align with new, positive thoughts.

Lesson #38 was 'everything on the inside creates everything on the outside.' Today's lesson is part of that inside work. This is the practice of neuroplasticity.

Every day include some of these words into your thoughts; I am loved. I am worthy. I am healthy. I am grateful for...

Especially when you catch yourself thinking negatively, break that thought and replace it with a positive statement or word. The great thing about neuroplasticity is that you don't even have to believe the thought initially, it's the intention behind the thought that matters. The other great thing is that over time, you will start believing it.

These are some of the words that can change your life. For the better.

*Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habit.
Watch your habits; they become character.
Watch your character; it becomes your destiny.*





NOW

This is really quite the mind-fuck, but alas, a lesson worth learning.

Time is an illusion, there is no past, there is no future, there is only now. This exact, present moment that you are living in.

There is a quote from an unknown author that says 'When I am anxious, it is because I am living in the future. When I am depressed, it is because I am living in the past. Live in the now.'

I used to dwell on the past a lot, I have worked through that and I now pretty much don't think about the past at all. My current problem lies more in worrying about the future. Any of my discomforts come from worrying about what I am going to do next, am I going to achieve enough, will this project work out etc...

The answer for me is always simple; come back to the now. I can close my eyes for a second and just be. I can orient myself with what I'm doing in the moment and realise that there is **NOTHING** else other than right now, there is **NOWHERE** else other than right here.

This picture is of disaster. The World's Biggest Waterslide has just broken. This is me realising

that it has happened, it is in the past, there is absolutely nothing I can do about it, so there is no use dwelling there.

I could seriously worry about possible simulations of the future, all the scenarios of angry people, bad press, failure... Or, I could return to the now, let the past and future fade away and just be.

It must have been a strange sight, the guy in charge, lying on the grass, with his eyes closed, in a crisis.

After about 30 seconds, I got up, with clarity and calm emotions and went about fixing the issues. It took about 40 minutes. To placate a bored and frustrated crowd I grabbed the microphone and started telling them my story, the waterslide story and some of the lessons I have written here lately.

Later on, many times over, I heard that the people enjoyed my talk the most. People that were there for a waterslide.

The future is infinite and unknown, the only thing you can control is the exact moment right now, so don't go wandering backwards or forward on the imaginary timeline too much, just be right here, right now.

WU WEI

It's your lucky day... two life lessons in one post!

The first is this, it doesn't matter where your life lessons come from. They could come from the ex that cheated on you, Instagram, Scientology (I haven't read the book, but maybe?) or anything else... It doesn't matter. Take those little nuggets of treasure and apply them to your life.

The second life lesson came to me from two places; the first was my mentor Sally Caldwell. she taught me to 'Soothe, don't solve.'

And yes, the waterslide was also the executor of my lesson again; you see, I couldn't find anywhere to put it.

I then found a place. It fell through. I got frustrated and angry. Then we were going to put it on the ski slope at Cadrona, **PERFECT!** The base building had foundation problems and had to be fixed over the summer. **ARGH!** I got angry and frustrated. Ran around hustling, asking, searching. Finally found somewhere. Fell through. Repeat the process.

Then Sally taught me to 'Soothe, don't solve.' To just sit in the moment. I let the frantic energy go. I stopped the hustle, the craziness.

I soothed myself.

Literally a couple of hours later a workmate turned to me and said, you know who knows land? Film scouts. I emailed three. Two returned with the same answer 'Jonkers Farm'.

It could not have been, it should not have been, anywhere else. Everything had to fail for this to work out. I just had to be patient, and trust.

Wu Wei is a Taoist principle. It literally means, 'without doing, causing, or making.' But practically speaking it means without meddlesome, combative, or egotistical effort.

You obviously have to do things, to put in the effort, but the energy that you do them with matters.

Wu Wei flows like water, reflects like a mirror and responds like an echo.

Basically, everything works out in the end, just as it's supposed to, if you let it, and don't fight it.



IT'S NOT AN ON/OFF SWITCH

This might just be the most important lesson I have ever learned;

I (like most people do) used to treat mental health like an 'on/off switch'; you had it or you didn't. It was either good or bad. If it was good, you were all good.

It doesn't work like that. Mental health runs on a continuum, just like physical health. It runs from zero, being dead, to 100, being god-like enlightenment and **EVERY SINGLE ONE OF US** is on it.

The definition of depression is an 'extended period of low mental health', so for simplicity's sake we'll say that if you stay under 20 for too long then you're 'depressed'.

But what if you're living between 20-50? You're not 'depressed' but you're certainly not living a happy and fulfilling life.

This concept takes longer than an Instagram post to explain but, basically, the mental health continuum, just like the physical health one, is like a long, slow

treadmill. If you stand still, you're going backwards, you **HAVE** to be putting in the work to gain forward momentum and move up the continuum.

The 'work' is internal and a lot of what I have been posting about here. The meditation, self-reflection and applying these lessons in perspective or understanding. All of these things give you points on the continuum. The higher up you go, the less likely you are to take big drops when something massive comes along.

A relationship breakup when you're at 30 might cost you 20 points. The same breakup at 70 may only cost you 10.

The higher up the continuum you are, the more resilient you are. You are more loving, empathetic, patient, understanding, calm, productive, efficient, healthy and happy.

That's what all this is all about. All of us helping each other up the continuum. But you have to know it's there and you have to do the work. Just like with your physical health.



jimi's
mental health continuum



LOVE IS THE ANSWER

Yip, that's some fuckin' corny shit.
Or so I thought, until I put it into practice...

Fear runs this world. We are afraid of failure, heartbreak, opinions, lack, our own potential, other people, ourselves, the unknown and a million other things.

What is the opposite of fear? Love.

What I have found, as I have explained for other concepts in the past, is that love is like a muscle that can be worked out, built and expanded, just like any other.

Whilst I am just making up a number here, I would say that I have expanded my capacity for love tenfold, 1000%, over the last 6 or 7 years.

To me, that is extraordinary.

Increasing my capacity for love had made me a better husband, friend, family member and member of the human race. It has made me more money, feel more content and more whole.

How did I do it you ask? The same as I have done everything else;
Constant conscious effort.

Turning up to the gym every day in my mind.

Meditation: There is a fantastic 'Loving Kindness Meditation' researched and developed by a Stanford University Ph.D student Emma Sepällä - [get it here](#). In essence it's about sending love to yourself, to your loved ones and to strangers.

The benefits of this meditation include feeling happier, less self focused (which can be associated with anxiety and depression) and more connected to others.

But it's more than just sitting down for 15-30 minutes to meditate. It's a lifestyle change. It is that **CONSTANT CONSCIOUS EFFORT**.

When you feel fear, you stop, you observe it, you replace it with love.

The term 'self-love' is thrown around as a buzz word a lot these days, but you actually can't underestimate its importance.

Your world is built from what you think of yourself. Society teaches us to hate so many parts of ourselves, it's our job to overcome that, and you do it with love.



YOU

My favourite quote in the world is this;

"You cannot overestimate the unimportance of practically everything."

Practically **EVERYTHING**, in the grand scheme of things, is unimportant. The rugby score, the car you drive, your job, your relationships, all unimportant.

'Pft... Well Jimi, if practically everything is so unimportant, then what the hell is important?!?!'

The answer is simple. It is You. You, the individual reading this are the most important. More important than your car, job, partner or children. I once said that during a talk to 300 kindy mums. They were horrified and I got my first ever heckle... "But that's **SELFISH!**"

No, it's not. The definition of selfish is 'to put yourself first to the detriment of others.' I am not asking you to do that. I'm asking you to put yourself first for the **BENEFIT** of others. If you put yourself first and move yourself up the mental health continuum

then you become better at your job, you become a better friend, a better partner and a better parent for your children.

You become a person all around.

Put yourself first and move yourself up the mental health continuum and you will become more effective, efficient, calmer, more understanding, empathetic and loving.

You putting yourself first literally changes not only your world, but **THE** world, as the impact ripples out.

YOU. ARE. THE. MOST. IMPORTANT.

I cannot emphasise that enough. That is why it is #1.

The best project you can ever work on is you.

Please, understand that. Prioritise you. Not in a selfish way, but in a beautiful way that changes your life and that of those around you.



AND THAT'S THAT...

Those were the 39 things that came into my head when I thought about lessons that I've learned over my lifetime.

I hope you enjoyed reading them.

If you have any lessons that you have learned I'd love to hear them, flick me a message, as I said in #4, I'll take little treasures wherever I can get them!

jimi@jimihunt.com

Also, feel free to say hi if you have any questions, want to hang out, want to get me to speak at your organisation or want to go on an adventure...
I'm up for pretty much anything.

As you know, this is a free ebook, and I would love you to share it with anyone that you think it may bring value to.

Well, that's about it. I've completed my own little personal mission; To write consistently for 39 days. It is literally the most consistent I've ever been at anything in my life. So I'm proud of that. Thanks for being a part of it.

If you need anything else, or want to know anything else, want to watch the Lilo or Waterslide documentaries, read my books or articles, see how I help people in organisations become happier and healthier or join my free Basic Reset program that helps you move up the mental health continuum, then please check out;

www.jimihunt.com

That's about as hard a sell as I've got in me.

I personally just hope you take one, or 39, of these lessons, apply them to your life and be just that little bit better off for it.

Love you long time,



CREDITS: And an obvious special thanks to my wife Libby for editing this and also to Alexandra Drewniak, who looks like she's my own personal photographer that I don't actually pay. (www.ladydrewniak.com)

Photo by... guess who?
Yeah, still Alexandra Drewniak



***BYE!** AND REMEMBER... LOOK AFTER YOURSELF*