


FOR THOSE WHO WANT MORE BUT DON'T  
KNOW WHERE TO START

# ONE LIFE ONE SHOT!



INSPIRATION & INFORMATION TO GET MORE OUT OF LIFE!

**MONEY SUCCESS HAPPINESS**

**PETE REA**

One life one shot deserves to sit alongside the great personal development books  
there are in the world - Richard McCann Times No 1 Best selling Author



# FROM RAGS TO RICHES...

Pete went from being unemployed at 37, deep in debt, facing eviction from his council house, and buying his children's Christmas presents from car boot sales, to building a multimillion pound business, and living a dream lifestyle! He knows what its like to have no food in the cupboard, no money in his pocket, feeling like a failure, and thinking happiness is for other people.

In his amazing book you'll find all the inspiration and information you need to get so much more out of life, and if needs be, to completely change it! It's said that **"Success Leaves Clues."** How true this is, and they're in this book!



Pete has taken his amazing life skills, his knowledge, his enthusiasm for everything he sets his mind to, his gift for public speaking, and he's put it into words! This book fills the niche to take you from "wishing..." to understanding "why" before helping you with the "how to achieve" your life priorities. I know Pete has made a lot of sacrifices

in order to write this book for you. What are you prepared to do NOW to make a difference in your life.

Jamie Stewart - MD & Chairman - DSA - Direct Selling Association.



Pete Rea is probably the most passionate man in Britain. This book is packed with practical ideas to help you wherever you are in life. Pete's honesty and lust for life drips from every page - make sure you read it and pass it onto others.

Paul McGee - The Sumo Guy.

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# ONE LIFE ONE SHOT!

INSPIRATION AND INFORMATION TO GET MORE OUT OF LIFE!

Money - Success - Happiness

By Pete Rea

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## Dedication

This book is dedicated to my Dad, my Hero, Peter Rea (senior), who passed away in August 2008. I miss you every day. You believed in me when no one else did; you were always by my side. I kept my promise Dad—I wrote the book, and I dedicated it to you. May everyone who reads this book know just how much I love you, miss you, and how proud I am to say you're MY DAD and MY HERO.

I remember how we used to laugh and laugh until we couldn't laugh anymore! Our sides would ache; tears would roll down our cheeks—we could hardly breathe! We had some magic, magic moments, and made happy memories that I'll cherish forever. You and Mam will live in our hearts forever. Until we meet again, your loving son, beautiful daughter-in-law Claire, and doting grandsons Chris, Alex, Lewis, Brad, and Max.

### **My Dad – My Hero – Happy days!**



## A Special Thanks...

**To my beautiful and precious wife Claire:** You complete me. Your unconditional love and support makes everything I do possible, and I love you with all my heart.

**To my wonderful sons Chris, Alex, Lewis, Brad, and Max:** Every day, you provide me with the inspiration to create something special that will light up your way as you journey through life. I love you all millions.

**To my dear friend Gary Watson:** You saved my life! Without your help and support over the years, my life and business would be very different. I value your friendship like no other.

**To my team:** As an initiator, it started with me but it continues with you—my business' most valuable resource. I'm eternally grateful to all of you who have committed to excellence and shared in my journey so far. The best is yet to come. C'mon the team!

**To Oliver Pusey:** For the hours upon hours of help you put into helping me pull together the draft copy of my book. You're a top man.

**To Paul McGee:** A friend and mentor, thank you for agreeing to the inclusion of some of your S.U.M.O. material; it's world class and it makes a difference.



In my early teens, if I ever needed money, I always found a way to earn it. I had a paper round working for John Cowan, a man who drove some of the flashiest cars I'd ever seen. I also helped out at the local butcher shop on Saturdays and during school holidays; this is also where my mam worked. An amazing lady, she was the real heart and soul of our family, always full of energy, a real people person, and great to be around. The boss was a great guy named Jackie Hartley. He was a real character with a big heart, and everyone in Felling knew him. In fact, he was such a great guy that I'll wager he would throw in a few extra links of sausage for those who were less fortunate. It was great to see and feel the community spirit in that little butcher shop; everyone was happy and it was always "chocker block" (full of customers). If more businesses worked harder to create happier working and buying environments, I'm sure they would be far more productive and their sales would soar! Well-done Jackie Hartley! I learned some of my very first lessons in business working in that shop just by being there. That's the power of association, so be careful the company you keep, or you'll become like them!

In the summers, I would knock on people's doors in and around where I lived, asking if they wanted their hedges trimmed or their grass mowed. In the winters, I would turn my hand to clearing away the snow from people's drives and pathways. My most lucrative venture as a kid was collecting old discarded bicycles from the local tip, fixing them up, painting them, and then selling them. I was never short on money, unlike some of my friends who just seemed to moan all the time about being broke, never doing much about it. I could never understand this. Out of a whole gang of us, there were three who were real grafters: Terry Kennedy (Tecky), Barry Nolan (Bazza), and myself. I can still see



us out in all types of weather providing our services in the local community just to earn a few quid.

I've always been a grafter and a bit of a dreamer, yet never very academic. Sadly, I left school without receiving formal qualifications, which is not something I'm particularly proud of. I guess looking back it was because learning geography and French, among other things, just didn't interest me. I've since learned that what we get UP on, we get IN on. Have you ever noticed that when we pick up a magazine we're interested in, we read the print off it? So despite my lack of qualifications, I stepped out into the big world armed with little more than enthusiasm and a head full of big ideas. I was determined to do well for myself, and it was never a question of, *Will I be successful?* Instead, it was a question of *when*, and I allowed nothing to stand in my way. I'll never forget what my mam always said, "Where there's a will, there's a way." Oh, how right she was. You see, I believe that it's our desire, not our ability that determines success. I'm not saying you don't have to develop any skills because you do, but it comes down to how much you really want something that will determine if or how quickly you'll get it!

I once heard an expression that said, "You can be poor financially, but rich with desire," and I thought to myself, *That's me!* I always wanted more. I always believed things could get better because if others could be successful and live a great life, why couldn't I? I've come to call this my *desire to aspire!* I achieved success in business quite early on in life; I was only in my twenties, and it was fantastic. What an experience—it was the stuff dreams are made of. I was even able to buy my parents their first property, and oh, what a great feeling that was. Sadly, however, it wasn't to last.

I came back down to earth with an almighty crash and I ended up losing everything that I'd built up over the years. I really hit rock bottom (more about this later), and this proved to be a very challenging time in my life. I was devastated. However, little did I know that it was about to become the start of an incredible journey that would once again take me from "rags to riches!"

I've been married twice; the first time I was young and sadly, this wasn't to last, but we produced two wonderful children: Chris and Alex. We had some real good times and that's what I choose to look back on. I took many positives from the relationship that have helped me to become the person I am today.

I later went on to find my soul mate and the love of my life, Claire. And fast-forwarding you through a few years, we married and we're really quite inseparable. We have three wonderful sons together: Lewis, Brad, and Max. I feel completely blessed that I have five very special boys and the most wonderful life partner.

## My Five Sons



I know what it's like to have no food in the cupboard and no money in my pocket. I know what it's like to feel like a failure! I know what it feels like to desperately want things to get better, and I also know what it feels like to completely turn my life around, and more importantly, how to do it. I appreciate not everyone's life will be a complete mess like mine was after I'd lost everything, so please don't go thinking that your life must be falling apart to benefit from my book. It doesn't. My book is about how to get more out of life—that is, more money, more success, and more happiness. You know, the things I'm sure everyone could do with a little more of.

## What People are Saying About ONE LIFE ONE SHOT...

"One life one shot deserves to sit alongside the great personal development books there are in the world"



**Richard McCann**  
**Times No 1 Best-selling Author**

"This book is filled with information that will change your life. Having known Pete for over 16 years, I know the passion and belief he has for helping people. He has his own unique way of being able to reach out and connect with people, especially when he's giving a talk at an event. He's totally captivating and he's somehow managed to recreate this within this book! I've watched a man whose life had collapsed around him. He was flat on the floor, but he picked himself up, shook himself down, and went on to become one of the most inspiring and successful people that I personally know. This book is a MUST read."



**Gary Watson**

"Pete is a normal, everyday person. We grew up on a normal, working class housing estate, and we went to a normal, comprehensive school together, so I have known Pete for over 40 years! I can honestly say I did not expect the man he is today to grow from the shy, smiley faced Italian lad I was friends with as a child. We even played on the greatest ever under 11 football team the world will ever see. We were the Brazil of the North East of England in 1973, coached by the legendary Les Turner.

Pete is a huge inspirational character and has more energy than anyone I have ever known. You can spend 10 minutes with him and feel like you can achieve anything. What a gift! However, he wasn't always like this. Pete has experienced some really tough times, but with his desire to be successful, willingness to learn, and his tremendous work ethic, he has strived through all hardships to where he is today. His words are wise, so soak up the knowledge and let it light up the way for your journey. As Pete says, ONE LIFE ONE SHOT!"



**Michael Nesbitt**  
**Managing Director, Nesbitt Media Ltd**

"I Love it! And if you're a GOYA fan, you'll love it too. It's never too late to change direction, 37 and broke, no idea, no plan, Pete embarked on a journey, which he documents in this amazing book. It's written in the same no BS style that I just love. A true success story

for a modern day business hero, there's so much you can learn from Pete's business experience, but equally as much from his life lessons and failures."



**Brad Burton**  
**Managing Director, 4Networking, Best-selling author**  
**and speaker**

"It's not very often in life that someone can take their passion for life and put it into words in a book. I wondered if Pete would be able to take his amazing life skills and knowledge, his enthusiasm for everything he sets his mind to, and his gift for public speaking, and be able to put this into a book. Well, he has! This book fills the niche to take you from 'wishing...' to understanding 'why' before helping you with the 'how to achieve' your life priorities.

I know he's helped a lot of people change their lives, and he's now in a position to help even more because of this book. I know Pete has made a lot of sacrifices in order to bring this to you. What are you prepared to do NOW to make a difference in your life?"



**Jamie Stewart, Managing Director & Chairman DSA—  
Direct Selling Association**

“We have seen Peter start right at the bottom and become a great leader of a massive team. People love to hear him speak, and now you can read his mega tips too.”



**Gavin Scott & Bonnie Arapes**

“This is a genuinely superb book written from the heart. Don’t miss a single word; it’s life changing. It’s an absolute must read. So many of us face daily struggles in our lives, and we’re often unaware of what to do for the best. My wife and I have already started to change our lives simply by following the teachings which Pete shares in this book. He has been a brilliant beacon of light to us, and for many others. Don’t just settle; this book will give you that missing piece of information that provides the bridge between where you are, where you want to go, and how you can get there!”



**Ian & Aga Clarke**

“Having heard Pete speak at big events, I knew this book would be highly inspirational, and I certainly haven't been disappointed. He has combined practical, easy to follow tips with a range of personal stories. His ‘down to earth’ style makes this book very easy to read, and its messages will appeal to anyone who genuinely wants to make the changes required to improve their life.”



**Debra Pusey**

“Pete Rea is probably the most passionate man in Britain. This book is packed with practical ideas to help you wherever you are in life. Pete’s honesty and lust for life drips from every page—make sure you read it and pass it on to others.”





**Paul McGee—The S.U.M.O. Guy. Best-selling author and international speaker**

“Truly an inspirational book—a must read if you want to get more out of life. Pete’s guidance, philosophy, enthusiasm, and dogged determination to succeed have been an inspiration to our business, our family, and us. We can’t thank you enough; your dad would have been so proud of you.”



**Ram & Sylvia Laing—C’mon the flippen team**

“I met Pete around 18 years ago while training at a local gym, and what started off as a friendly nod of acknowledgment soon developed into a quick chat and then what has ultimately become a lifelong friendship. My friendship and association with Pete has had a major impact on my life. He believes everything is achievable and that barriers are simply part of the process, something we must climb over to get to what we want.

Whenever you’re around Pete, he radiates a feel-good factor, and he naturally inspires people to believe. What’s incredible is that this is also reflected throughout his book, which is fantastic and I absolutely loved it. I currently manage a large and successful workforce; my style is one of a transformational leader. This carries through to our managers and workforce, the desire, motivation, and will to succeed is in many ways

built on the influence of my association with Pete Rea. My son Jack is currently at the Middleborough Football Academy, and I believe that parents should also use these same techniques in moulding their children.

Finally, throughout my life I have come into contact with many influential and successful people. I can honestly say that no one comes close to Pete with regard to positive thinking, positive attitude, desire to succeed, and making others around him believe that they too can achieve the impossible.”



**Dale Robson, Senior Manager—Local Government**

# Contents

Chapter 1	
<b><i>Choices Shape Your Destiny!</i></b> .....	1
Chapter 2	
<b><i>Are You Ready to Change?</i></b> .....	15
Chapter 3	
<b><i>Making Excuses.</i></b> .....	27
Chapter 4	
<b><i>Attitude Determines Your Altitude.</i></b> .....	37
Chapter 5	
<b><i>Goal Setting: Getting What You Want.</i></b> .....	55
Chapter 6	
<b><i>How Things Can Go Your Way.</i></b> .....	75
Chapter 7	
<b><i>Have More Time for You.</i></b> .....	92
Chapter 8	
<b><i>Reduce Challenges &amp; Increase Opportunities.</i></b> ...	106
Chapter 9	
<b><i>Mastering Challenges to Improve Your Life.</i></b> .....	134
Chapter 10	
<b><i>Improving Relationships for Success.</i></b> .....	149
Chapter 11	
<b><i>Improve Your Self-Confidence.</i></b> .....	163
Chapter 12	
<b><i>Stories That Will Change Your Life.</i></b> .....	178

Chapter 13	
<i>Earn a Fantastic second Income Working from Home</i> .....	196
Chapter 14	
<i>Your Journey is about to Start</i> .....	216

## Introduction

I feel as if you already know me and that we've already set off on our journey together. However, I just wanted to take a moment to thank you for buying my book, of which a percentage of all profits will go to cancer research. I've come to realise that the most important investment any one of us will ever make is the investment we make in ourselves. And that's exactly what you've just done, so congratulations. I'm going to show you how you can completely change your circumstances for the better, take control of your life, earn a fantastic income working from home, excel in your work, and get so much more of what you actually want from life. I don't know about you, but I can't wait to get started!

Jamie Stewart, Managing Director of a multimillion-pound company and the chairman of the DSA (Direct Selling Association) recently asked me, "*So what's special about your book?*"

That's a good question. To sum it up in two words, it's *life changing!* It has information and inspiration; it's delivered in a way that everyone will be able to understand and relate to because it relates to real life with real solutions! I've included interesting short stories that pack powerful messages. And if I say so myself...it's a great read!

Let me quickly tell you what this book is not. It's not a corporate book filled with facts and figures, big words, and an endless list of do's and don'ts, although obviously there are some. From my own personal experience and from working with countless others who want to make progress in their lives, how-to guides are great. But what makes them fantastic is when they can

grab our attention and inspire us to take action! I believe that if something can connect with our hearts as well as our heads, something magical happens! Can you remember the days before video, DVDs, and sky plus, when we couldn't press pause, fast forward, or rewind? If we were watching a great film and we were desperate to go to the toilet, we just had to hold it in or we risked missing a vital scene! Well, I'm sure you'll be so captivated reading my book that you won't be able to put it down because you can't wait to see what's coming next!

Ok, swiftly moving on, I mentioned I'm just an everyday, normal, working class guy who went from "rags to riches," a term used in an article about my wife and I in a national magazine. I feel I've been there, done that, and got the T-shirt! I've faced many challenges and made loads of mistakes, but more importantly, I've learned from them. As a result, I've intelligently moved forward. Throughout my journey, I've gained massive experience that continues daily, and I've acquired invaluable wisdom, which I'm going to share with you. There's nothing that I've done that you couldn't do too; therefore, my book is filled with practical solutions, real options, and strategies that will help you get so much more out of life, and if need be, to completely change it!

I'm supremely confident that my book will open up a completely new world of possibilities for you, and things may never be the same again. That is, of course, if you act upon the advice. All the knowledge in the world is wasted unless it's applied to something that it can make a difference to! Life rewards actions, not intentions!

**IMPORTANT**  
**I'm not looking for**  
**the quickest way to**  
**give you**  
**information but**  
**the BEST WAY!**

It's important to understand that I'm not looking for the quickest way to give you the information; rather, it's what I feel is the best way. If I were to simply give you a to do list of what's required for you to get more out of life, my guess is that it would be highly unlikely to inspire you to take the necessary action required to make the difference. I mean, we all know we should drink more water, right? But how many people do? I absolutely believe we need more than just information; we need plenty of inspiration to encourage us along and create the magic! I heard someone say that "Facts tell but stories sell," and it's so very true. We can easily forget facts and figures, but we always remember a good story. So keeping this in mind, I interspersed many of my own personal experiences to support some of the key messages. In addition, I'll share some inspirational stories that I've picked up along the way. It's this powerful combination of inspiration and information with a sprinkling of pixie dust that makes this book a little bit special!

# Chapter 1—Choices Shape Your Destiny!

It's interesting that most people go through their whole lives wishing things could be different, and sadly, they never really do anything about making it so. Adopting a fingers-crossed strategy and buying into the, *If it's meant to be, it'll be* attitude is completely delusional. I'm sorry, but it is. It simply steals away opportunity, your opportunity. We're only here once, and it's too short at best, so why not enjoy it as opposed to enduring it? Don't look back with regret; life is now and we can craft it, shape it, and make it what we want it to be, and I'm going to show you how. This is your time, so let's do this! Let this be the book that makes the difference in you. The clock is ticking...ONE LIFE ONE SHOT!

Think about this, if you go to see a movie and you're not enjoying it, you can get up and walk out. If you're at a party and it's rubbish, you can get up and leave. If you're reading a book and you just don't get it, you can put it down. These are all just little decisions (choices) that we make every day about unimportant small events in our lives. Yet, when it comes to the important things in our life that affects our long-term happiness and our future, we tend to do nothing, or at best, very little. Why?

It's amazing how many people just put up with things and accept the unacceptable; I know because I used to do it as well. But we all have a choice in our life, and the problem for many is that we sometimes don't think we do. We keep following the same old path, doing the same old things, etc. How many of us can relate to this? I know I can, but I absolutely believe and know that it doesn't have to be this way.



In most cases, people simply don't know where to start. As a result, they never do! And that's why I've written this book. How easy is it to get caught up in the fast pace of everyday life? Very! And with the abundance of information that's available that promises you the earth and anything from becoming an armchair millionaire by this time next week, to how to successfully walk on water, it can all be a bit too much. I know of a saying that goes, "If in doubt, do nowt," which means to do nothing; this is a local slang word from Newcastle upon Tyne. No wonder people are confused and often end up doing nothing, just settling, accepting that things are the way they are. It's very easy for weeks to turn to months, which turn to years, and before long, decades have passed, and your life is very different from the way you imagined it would be!

The good news is that it's not too late! Your life will really improve quickly once you know how to go about it. This comes from firsthand experience, and from seeing the amazing results from the many people I've been able to help over the years.


My darkest hour was at age 37; I was married with children and my life was an absolute mess, as I was unemployed and buried in debt. My self-esteem was on the floor and I struggled to keep a roof over our heads. At one point, we received a repossession order on our home for non-payment of rent arrears. Challenging wasn't the word for it, but more about this later. Nevertheless, everything was about to change for the better, and today my circumstances are completely unrecognisable.

What's truly priceless comes from what I've learned on my journey. My experience and wisdom has

enabled me to reach out and help others in many different ways. I'm constantly asked by people, "What exactly did you do to turn your life around; how did you go from *dole cheque* to *reality cheque*?" So, I decided to put it all into my book, which is the first of many.

Let's get one thing clear—please don't go thinking I'm some sort of "special person." I'm really not. I've just applied a special effort because I didn't want to settle; I wanted more out of my life for me and my family. It's really interesting, but I've met so many people over the years whose heart sank as I explained that they have to make a special effort if they really want to change their life. I could see it in their eyes! I'm sure they were thinking, *Oh no, you mean there's no quick fix? How very disappointing!*

One very important thing I've learned is that there's a big difference between hard work and working hard. The key to living a fulfilled life is to make a special effort working hard on the right things, which I'm going to share with you throughout my book. It's possible to work hard all your life and never get what you want. But of course, we don't want that!



**To get more  
we have to  
become more!**

## Some Personal, Tough Stuff

It's really important to understand that what I'm about to share with you is not an attempt to try and impress you, but rather to impress upon you that we can all get so much more out of life. And that our life today is purely because of the choices we've made, as outlined by the information in this book.

### The Detail

As I mentioned, I was unemployed at age 37, deep in debt, living in rented accommodations, and driving around in a £300 motor car, which was a right scrapper and an embarrassment! I was being taken to court for non-payment of a £28 telephone bill, how degrading. I was buying my children's Christmas presents from car boot sales; boy was this hard to accept! I was buying food from cheap shops where you could scoop the contents into a plastic bag so that you didn't have to pay for fancy packaging. We were even putting beef burgers in the homemade curry because we couldn't afford to use chicken! But the final straw came when we were served a repossession order on the council house where we lived. These were very difficult times; I could go on, but I think you get the picture!

It was at this point in my life that I made a choice that would shape my destiny. This was a serious decision I made out of complete desperation to take control of my situation—this absolutely could not continue! My decision and subsequent actions resulted in something quite remarkable. Almost unbelievable by contrast, I actually went on to build a multimillion-pound home shopping organisation with the help of some great people who joined me as my business started to grow.

One couple in particular who were massively instrumental in the meteoric growth of my business was Ram & Sylvia Laing, an amazing couple who provided outstanding contribution, and they still do. I couldn't have done it without them. My unbelievable success happened within just a few short years of being at this critical point in my life; I love it when a plan comes together! And what's also amazing is that I started this business franchise for less than £150, which I borrowed from my dear friend Gary Watson, but more about this later.

Today, by comparison, my wife and I are living our dream. We live in a beautiful detached home and I've swapped the £300 Ford Escort for a top of the range Mercedes 4x4. Now we take every opportunity to travel in our luxurious motor home. We travel the world five-star and we live a great life. Remember, I'm not trying to impress you; I simply want to create the contrast from how things were, to how they are today. And it all happened because of the information contained within this book.

Just for the record, you don't need to build a multimillion-pound organisation to get more out of life, nor do you need to earn a fortune. Success and happiness is about more than just money, although money does help. It's my guess that even an extra £1000 per month right now would be extremely welcomed and would enable you to make positive changes in your life. More about how you can do this later.

Some people have said I must be a lucky person to have completely changed my life in such a short period of time. It doesn't work like that thank goodness; luck results when hard work and preparation meets

opportunity, nothing more and nothing less. Otherwise, unless you were the lucky one, everyone else would be doomed to a life of mediocrity at best. Incidentally, I've never even won a raffle before. But if I'd known I was going to be so lucky in life and in business, I would never have worked so hard! It always makes me smile when I say this because we generally make our own luck by the choices we make and the actions we take. Who can make better choices? Who can take more positive action? We all can.

**The best way  
to predict your  
future is to  
CREATE IT!**

I admit that when I first heard the above saying, I didn't fully understand what it meant. Now I do and it motivates me enormously, as it makes me realise that we can all get more. Because unlike some areas in our lives, we *are* in complete control of whether we become more or not; it's all about taking self-responsibility to start shaping your new future! Exciting times lie ahead for you, so keep reading!

Just for the Record...

During my pursuit of happiness, success, and financial security, I invested a great deal of time, effort, and money into my journey over the last eleven years.

And it's because of this that I can share with you what I've learned and help you to understand that absolutely anyone can get so much more out of life if they want to, and it simply starts by making better choices!

- I've studied great people who have achieved great things.
- I've attended hundreds of success seminars.
- I've read voraciously, studying success and happiness.
- I've listened to thousands of hours of relevant audio programs.
- I've made many mistakes and I've learned many valuable lessons.
- I've gained an abundance of knowledge and acquired considerable wisdom.

I'm not suggesting for one minute that you need to do all of this. I merely wish to reassure you that I've invested heavily in myself, and that I've gained the knowledge and wisdom from a wide range of sources, including, and most importantly, from taking action on what I've learned. This is not a book based on theory!

*I'm asked to write articles about success!*



If you haven't already done so, please visit my website, [www.onelifeoneshot.co.uk](http://www.onelifeoneshot.co.uk), where I share my personal story in more detail. You can also view some of the testimonials I've received from organisations and schools following events where I've been asked to speak and share my wisdom. These events have ranged from small gatherings to major events with over 4000+ people in attendance!

There's an expression that says, "There's half a dozen things that make 80 percent of the difference!" Although I have far more than half a dozen things I want to share with you, I've condensed the information by embracing this philosophy. So whilst it may not be the *definitive guide* on how to get more out of life (and I'm not sure one will ever exist), it's what I consider to be the most important stuff. It's the 80 percent that makes all the difference, and when you apply it, it will have the greatest effect on you and your ability to get more out of life.



**Commitment is  
what turns a  
promise into  
reality!**

Two things I'm sure we've all been guilty of in the past are: 1) flicking through a book looking for the "quick fixes." My book has no irrelevant inclusions! Read

each page in order and you'll benefit greater, as your knowledge and understanding increases logically as you move from one chapter to the next. 2) Please don't prejudge a chapter heading—e.g., *I don't need to read this; it doesn't apply to me!* Maybe you're already knowledgeable in a particular area; however, from experience, someone else's knowledge and perspective can be extremely valuable, so please don't miss the opportunity!

## Can You Relate to This?

When I was a kid, I used to fantasise about what I wanted to be when I grew up. Whenever I had such fantasies, I always imagined my future life would be great. Like all kids, I never really thought too much about how I would achieve it. One thing is certain: the vision I had as a kid definitely didn't resemble my reality a few years into my working life. I remember the excitement of moving into my first home. However, it wasn't long before I started to experience the true weight of responsibility! To say it was a bit of a wakeup call is an understatement! My dad used to say, "Welcome to the real world son!" So, wherever you are right now in your life, whatever your circumstances are, please take some reassurance in knowing that your past doesn't define your future! The past is for reference, not residence! The future is yours to create, and you can really start to make tomorrow very different from today by making better choices.

What would getting more out of life mean to you right now? Obviously, this concept would mean different things to different people. It's amazing how infrequently we think about what we really want, as we're too busy caught up in life as it is!



**If it's important  
you WILL find a  
way: if it's not  
you WILL find  
an excuse!**

At this point, I'd like you to write a list of the top five things you feel would really improve your life (and please don't say winning the lottery). It's important to think about the following: Imagine if I were to grant you five wishes, but once they were gone, they were gone. Therefore, you wouldn't want to waste them. Please remember that I'm trying to help you recognise what's important to you in order to help you to shape your life accordingly. We're generalising now to gain some initial clarity, but as we progress further into the book, I'll show you how to be far more specific and how to make it happen. The list below might help you to get the juices flowing.

- Improve your finances by earning an extra income
- Pay off debt
- Enjoy more me time
- Find a new and more exciting career
- Get fit, maybe lose a little weight
- Enjoy more holidays
- Move into your dream home
- Have more energy and feel more motivated

- Improve the relationships with the people in your life
- Spend more quality time with your kids or your significant other
- Find a partner
- Pursue a dream
- Start a business of your own
- Grow your business
- Start a new hobby
- Feel more confident
- Prove something to yourself or others
- Achieve more
- Increase your savings
- Anything else that's important you

1. ....
2. ....
3. ....
4. ....
5. ....

Some people may be looking at their top five right now and thinking, *Well, it's on the list, but I can't see how I'm going to be able to do this because you obviously don't know my life! Whoa...just a minute! Yes, you can, but how it can happen is not what's important right now! What's far more important is why!* Let me explain.

If your reason for wanting something is simply based on *it would be nice to have*, this isn't enough. Therefore, it's unlikely to happen. What's needed is a

good, solid reason *why*. And your reason why is directly reflected by your level of motivation.

It *must* be important enough for you to justify the extra effort and commitment required to achieve it. Generally speaking, nothing good happens by chance. Remember, there's no magic pill; success requires a special effort. When something is truly important to us, we start searching for how we can make something happen. I think it's amazing that when it really suits us, if it's really important enough to us, nine times out of ten we find a way to move heaven and earth to get what we want! On the other hand, if that certain something falls into the category of *it would be nice to have*, I'm afraid nice simply doesn't cut it! It never has and it never will.

## Quick Chapter Recap

- **A rudderless ship arrives only where the tide will take it.** This is often the rocks! We need positive direction in our lives, which comes only from the decisions and choices we make. If we keep doing the same, we keep getting the same. By changing what we do, we change what we get.
- **You can't change the cards you've been dealt, but you can change how you play your hand!** A very wise man named Jim Rohn once said, "The same wind blows on us all—personal challenges, financial worries, economic difficulties, time restrictions, etc. What determines our personal outcome, our life destination, is not the wind that blows on us, but how we set our philosophical sail." In other words, it's what we do about it. Do we take positive action, run up the sail, turn it into the wind, set and hold our course, and commit to our desired destination? Or, do we do nothing and let the winds take us where it blows? We all have the choice to step up and take responsibility for our own futures. I did, and so can you.
- **Make a concerted effort to think about what you want!** I've found that most people don't know what they want because they're too busy thinking about what they don't want! Take some quality time to think about the things that you really want to have and see within your life. This is an essential first step for anyone. So let this initial clarity create your intended direction; we can fine-tune exactly how this will happen a little later. Walt Disney said it best, "If you don't have a

dream then how can you have a dream come true?" Fill in your top five.

- **Don't worry! If things haven't worked out in the past, it really doesn't matter.** Trust me on this. It's how you finish, not how you start. When you spend time worrying, it simply wastes today's time by cluttering up tomorrow's opportunities with yesterday's troubles! Your past doesn't define your future; the past is for reference, not residence! The future is yours to create.

*I hope you've really enjoyed reading the first chapter of my book. Throughout the rest of ONE LIFE ONE SHOT it's packed with Inspiration and Information to help you to get so much more out of life, don't miss the opportunity. **Order your copy today for an immediate dispatch.** We're only here once, so why not make it special!*

*Thank you and very best wishes, Pete Rea*  
[www.onelifeoneshot.co.uk](http://www.onelifeoneshot.co.uk)

