

Hi PUSH\_Members!

A few words this week on 'mental attitude'.

I often have people telling me that they have to wait 'until their mind is in the right place' . . until they can make that major change in their life.

Well I'm here to tell you that's rubbish.

You get your body in the right place first, and the mind WILL follow.

What's the one common denominator that all successful people share?

It's ATTITUDE.

It's not being prepared to settle for second best.

It's believing in yourself, and giving yourself permission to become the person you're truly capable of being.

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us."

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do... It's not just in some of us; it's in everyone. And as we let our own light shine, we subconsciously give other people

permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

So get healthy, get fit, and get 'believing'.

You're worth it.

Here is this week's recipe....

## BEEF & CORIANDER CURRY

Serves: 4

### Ingredients:

1 tablespoon canola or olive oil

1 onion, large, finely chopped

2 cloves garlic, finely chopped

500 g blade bone or oyster blade steak, trimmed and cut into cubes

2 teaspoons garam masala

3 fresh coriander roots, scraped and chopped

1 small red chilli, seeds removed and chopped

1 tablespoon tomato paste

1 medium eggplant, trimmed and cut into cubes

2 cups beef stock

3 tablespoons reduced fat yoghurt

2 tablespoons chopped coriander leaves

Method:

1. Heat oil in a saucepan and cook the onion and garlic over a medium heat until soft but not brown.
2. Add the meat and brown on all sides, then add the garam masala, coriander roots, chilli, tomato paste, eggplant and beef stock.
3. Cover and simmer for 45 minutes to 1 hour or until meat is tender. (Remember to use a low heat to prevent the meat from becoming tough.)
4. Stir in the yoghurt and coriander and serve.

Notes: This dish is best eaten the day after it is made. Serve with rice and chapattis or roti (available from larger supermarkets and Indian grocery stores) and for a special fruity touch, accompany with fresh or canned lychees.

Make it happen.

Dion Mychalyn

Club Champion

PUSH\_Founder