

DO I APPRECIATE HOW LUCKY I AM?

ANNA MEARES, WHOSE STORY IS ON PAGE 76 OF MJR. ANNA IS THE GIRL WHO BROKE HER NECK WHILE TRAINING YEARS AGO AND WAS TOLD SHE WOULD NEVER WALK AGAIN. WHEN SHE MADE HER ACCEPTANCE SPEECH TO BE THE FLAG BEARER SHE SAID, " I FEEL QUITE HUMBLLED AND HONOURED TO BE CHOSEN AS THE FLAG BEARER FOR AUSTRALIA AND I HOPE THAT YOUNG PEOPLE TODAY CAN TAKE HEART FROM MY STORY OF TAKING DISAPPOINTMENTS AND COMING BACK FROM THEM!"



CYCLIST MATT GLAETZER WHO SPENDS HIS SPARE TIME HELPING UNDERPRIVILEGED CHILDREN



WE CAN FIND SO MANY MJR MOMENTS
IN THE COMMONWEALTH GAMES

ASK YOURSELF

DO I APPRECIATE WHAT I HAVE
HEALTH, OPPORTUNITIES, LIFE
STYLE, FOOD, CLEAN WATER,
ETC.?
DO I APPRECIATE HOW LUCKY
I AM WITH THE
WARS IN GAZA, SYRIA,
IRAQ, ETC.

"TAKE THE GOOD WITH THE
BAD"
"BUILD A BRIDGE AND GET
OVER IT" AND
"PROBLEMS ARE
OPPORTUNITIES WITH
PRICKLES ON THEM."

BE POSITIVE

THIS WEEK TRY TO AVOID
BEING A MOANER AND
GROANER.
TAKE THE DISAPPOINTMENTS
AND LEARN FROM THEM.