



# changing your life

**by Brett Shuttleworth**

Until four years ago I was travelling the world as one of its top super models and living the Hollywood dream to its fullest. I had the most beautiful life experiences - different cultures, sights and sounds, and meeting extraordinary people. The harsh reality of being a super model was very different from that of reading a glamorous story in a glossy magazine. My life was governed by a group of international agents. I was on a very strict eating regime, constantly waking up in different hotel rooms in different countries and always having to be upbeat while looking my best. I had no time for me. I constantly had to conform to an itinerary.

My day consisted of an early morning one kilometre swim and then on to the set to find people who didn't understand a word I said, most of the time, and vice versa due to language barriers. I would then have to sit through hair and make up sessions for hours with my eyes burning and my hair dry from all the different products. Then onto wardrobe, but not able to sit down or crease the clothes. I would do what I was being paid for; to sit or stand in front of a camera and turn on the poses, smiles and laughter until whatever time we eventually finished. This did nothing for me, and my mind, body and soul needed to be stretched outside of this brainless comfort zone. I would get back to the hotel, fall into bed, sometimes not having had time to eat, then check out the next morning and race to the airport for another flight, often crossing time zones that affected my body with jet lag.

The moral of my story was, little by little, I was losing myself. I continued that routine over a four year period. I had no time to have a relationship. I was extremely lonely, with no family and no real friends nearby. I couldn't phone my friends back home to go for a drink, watch the rugby or just release myself with a good old chat. Then came the fame for which I was ill equipped. I grew up on a farm surrounded by nature, certainly not from a showbiz background.

Family, friends or people I met changed around me. They thought they had to be someone else to be accepted by me and I therefore changed - we would not authentically meet at a mutual lovely middle ground. I realised I could not live like this anymore. I felt so empty and unfulfilled. Of course, I never showed it. Remember, I got paid to be the knight in shining armour.

While watching myself feeling the short term fix of success, something was still missing. I decided this was only going to get bigger, and I was heading in the wrong direction, for the wrong reasons. What was my purpose in life? If this was it, why was I not enjoying my career and my life? To everyone's amazement I walked away from the American dream. I knew that for me, it was the right thing to do. To this day people don't understand why I did it and that's fine, because I know.

I wanted simplicity and so I returned to Cape Town to create my own pleasures but this time from a healthy, honest place. I wanted to pass on my knowledge to other people who are reaching for their dreams, and so I enrolled on the Consciousness Coaching International course to become a life coach. Now working as a life coach from my home I look out my office window and watch whales and dolphins passing by, and I am surrounded by a beautiful family and friends. Through my life lessons and Consciousness Coaching International I am helping people to recognise their full potential from a healthy place. I simplify for them that which took me ten years to figure out.

Serving and creating a higher power and purpose in coaching now allows my clients and me the space and time to live from our greatness. When you know that what you do can serve a greater purpose, the universe realigns itself in love and support; in a ripple effect you are making a world of difference to everything around, gaining unlimited power. The difference from my past was that I was coming from a selfish egotistical place that was praised by a false belief system of fame, money and pride. I hope that exposing myself will help others find the time and happiness to fulfil their dreams and create their own freedom.

Look out for the next issue of Renaissance where we discuss short term gratification versus long term satisfaction.

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