

Truck'n Year's Resolutions



TruckSure
By Trevor Toohill

It's February already and just like the same time last year you're realizing you haven't kept any of the New Year's resolutions you made to yourself when the clock struck 12 and you were full of fuzzy ambitions and good intentions.

You could decide that later is better than never and start going to the gym this afternoon — but let's face it you're a lazy bugger just like the rest of us and that just ain't going to happen.

If you couldn't start your resolutions in January then what makes you think you can now?

No need to beat yourself up over the fact that you're a failure though, because that is far from the truth.

The fact is that 90% of all resolutions made with good intentions, fail. But the good news though is that 10% stick. That is 10 out of 100 will stop smoking, eat better food, exercise more, drink less, slow up for corners, back off in traffic, etc. 10 out of 100 will start taking better care of themselves, spend quality time with the kids, and sleep better hours.

The thing really is that you must choose to be one of the 10 that stick to the promise made. You have to make a resolution that is meaningful to you and one that will have a dramatic affect on your life.

There are a bucket of excuses you can make for dropping the ball – too tired, too late, can't be bothered, smoking's ok, can handle the speed!

Maybe you've already been telling yourself all this. "I'm sick of making excuses. This is a pattern. It happens every year." And it's self-fulfilling, too. You realize you're a loser so you just drink more and keep shoving in the fries compulsively.

There is a simple solution though.

It's the easiest resolution to keep:

Don't make New Year's Resolutions anymore.

True – do not make New Year's Resolutions. Instead have a think about a couple of things that are bothering you and set about making a plan to change them. Now!

Don't wait for a New Year to come along - that's just an excuse to delay. There is no doubt in my mind that the biggest changes that would have an impact on truckies mostly involve health, fitness, and safety.

These three amigos crop up in all of the driver statistics, and I have written a dozen articles on the subjects.

Biggest problem though is that most drivers who have a problem would swear on a stack of bibles that they are as healthy as a horse, fit as a fiddle, and safe as houses (to use a bunch of old clichés).

The challenge is to recognise that something in your life needs to change and then to set about putting the plan in action to make the change. Then stick to the plan!

So go tell anyone who wants to listen and everyone who

doesn't – the more the better. You want to be recognised for the success of the plan and not the failure. So the more people you tell the more likely you are to see the plan through.

I will give a challenge to any driver who takes it up.

I will personally match your health, fitness or safety plan with one of my own.

TruckSure will put up three In Cab crash/event cameras in a draw at the end of 12 months to three drivers who complete a plan or if I drop the ball and dump my plans.

Any takers?

You see I have some pretty good incentives too:

Health – couple of issues I have shoved to one side and need to deal with.

Fitness - I have just hit 63 and no intention of retiring any time real soon. I have a bit of a gut I would love to lose.

Safety – well I reckon I am doing pretty well driving the car, but maybe I should really see what you guys are up to and spend a bit more time in the cab with you.

One thing I can say is that I have experienced the positive side of goal setting and planning personally.

I had a close waltz with cancer a couple of years back and obviously survived.

Two things that made the path a little easier – both of them a plan, set in place, actioned and seen through to the end.

Firstly early on in my business I put in place a plan to have the best insurance for my health, life and income.

Secondly, I was able to engage NZ's top surgeon to operate within 1 month of my diagnosis as I had planned and actioned my insurance programme to take immediate effect.

More recently I had the sad misfortune to have one of my business partners die unexpectedly just prior to Christmas following a game of tennis! He was not just a business partner but also a good friend to all of us at MultiSure and he is sadly missed.

However, we had a plan and due to some well executed Key Person Insurance the business is largely unaffected and his estate is well cared for.

So I guess a couple of close encounters and the right plans (resolutions) have worked for me and made me a bit of an expert along the way.

My advice to you is not to wait until New Year to make a resolution. Select a target, put a plan in place and feel a bit better about yourself when you kick the goal.

Want to touch base personally and perhaps accept the challenge?

Richard Bowen, Phil Toohill and I will be at The Transport and Heavy Equipment Expo at Mystery Creek in March. See you at stand MC13 in the main pavilion. **TS**



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