

*This is the poem I read out at the Nunawading Swimming Club Presentation night 2004. I have had many requests to publish it on my website, so here is the way I try to live my life.*

## *Always create your own dreams and live life to the fullest.*

*Dreams can come true  
If you take the time to  
Think about what you want in life  
Get to know yourself  
Find out who you are  
Choose your goals carefully  
Be honest with yourself  
Always believe in yourself  
Find many interests and pursue them  
Find out what is important to you  
Find out what your good at  
Don't be afraid to make mistakes  
Work hare to achieve successes  
When things are not going right  
Don't give up- just try harder  
Give yourself freedom  
To try out new things  
Laugh and have a good time  
Open yourself up to love  
Take part in the beauty of nature  
Be appreciative of all that you have  
Help those less fortunate than you  
Work towards peace in the world  
Live life to the fullest  
Create your own dreams and  
Follow them until they are a reality*

*- Susan Polis Schutz*

*"I followed my Olympic dream until it became a reality, I have now returned home as an Olympic Gold and Silver medalist."*

*Brooke Hanson 2004*

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