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# CRAIG HARPER

## The Personal Change Specialist

Motivator, educator, ex-fat kid, radio personality, author, international presenter, TV fitness bloke, high-performance coach, realist, philosopher, teller of crappy jokes, entrepreneur, innovator, business owner, exercise scientist, cheesecake-aholic, wanna-be alpha-male warrior and possibly the world's worst singer; Craig Harper is all of it and more.

In a world where coaches, educators and motivators are hell-bent on convincing you that creating your best life is all about buying into their philosophy, their program and their products, Craig Harper is an anomaly. Craig's not about convincing people that he's the answer to their problems; in fact, he knows he's not.

He teaches that you're the solution (and the problem). He teaches that *forever* change is a process which works from the inside out... and that too many people try and *fix* the internal stuff with external solutions. He's kind of blunt, challenging, honest, silly, amusing and confronting but he knows what works and if you're genuinely ready to change then perhaps you will connect with him.

**"It doesn't matter how hard we look for a solution, when we're looking in the wrong place"**

Craig believes that anyone can create amazing change and incredible results in any area of their life in a relatively short period of time. How? if they are prepared to get a little uncomfortable, see old things in a new way, and open their mind and their heart to a different way of thinking and being.

Craig Harper believes *"The biggest obstacle to our success is not our life situation, environment, education, genetics, time availability, parental support, bank balance or God-given talent... It's US. Our attitude, our thinking, our destructive habits, our excuses, our procrastination, our inability to make significant decisions, our amazing ability to blame, our fear, our pride, our ego, our apathy and our laziness. It's not about what's going on around us; it's about what's going on within us. Once we start to change how we see ourselves... we start to change our reality."*

Craig Harper is an average bloke who has an amazing perspective on life and living, a bloke who believes that success doesn't 'happen to us' or fall on our head; we create it. A bloke who believes that success has nothing to do with fate, destiny or chance and everything to do with attitude, passion and action.

**"If you want to be like everyone else, then do what everyone else does. If you want to be exceptional, then do exceptional things."**

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