This speech will be held at intermediate and colleges around the country

the main message that i want to express is that life is what you make it... I'd love to use an anology like a car this analogy links in with the death of my brother.. ( sorry if this is just all words on a page but here goes )

I was 10, relaxing enjoying and having fun with family in our newly kitted out garage... when the phone rang, my dad answered, i saw him turn to lean up against one of the cars in our garage... the conversation was about my brother Olsen.. i couldnt quite hear what he was saying, but what i do remember was when he turned and looked at me... My dad was white, he dropped the cordless phone, it smashes... and then i saw the expression on his face, as if his heart had just burst... He said to me "Lathem... it's Olsen, hes dead" i ran upstairs, confused, upset, i sat on the end of my bed looking around for something to hug... i burst in to tears... i didnt realise it at the time, but the course of the next 7 years of my life, was going to be very very tough...

My brother as i understand it now (this is where the car analogy comes in) wasnt in the "drivers seat" that night.. someone was driving... he wasnt in control of his life in that moment.. he was mearly a passenger.. he made a choice that night to get in to his car with a drunk driver at the wheel.. they sped down the motorway 130km a hour, pitch black night, as the came off the motorway at that speed, because it was raining they started to lose control... the car slid... it slid for 100s of metres.. until it hit a HUGE tree ripping it completely out of the ground...my brother died instantly on impact...

I would love to somehow incorporate the message of a car... there is three perspectives.. the drivers seat ( you are in control.. your desination of arrival is in your hands, the steering wheel is in your hands, you can steer your car/life is any direction you choose in this position... you set the gps to where you want to go (gps = action plan/map to get you there) In life we take wrong turns, we make poor decisions... does that mean the journey is over? We can sit at the end of the wrong turn and complain, or we can turn around, find the road we were on and drive forward... we will encounter speedbumps in the road along the way, roadblocks, random people (bullies?) that walk out in front of you as you move forward on your journey... they step out in front of you, because they see you going somewhere.. they talk about you behind your back, because YOURE IN FRONT OF THEM.. you job is to steer past them, your focus is on where you are going... etc etc...

the next perspective is the passagers seat, from there you watch life happen to you... you feel out of control, but you are within reach of the steering wheel.. you not quite there yet, your scared, you cant slow it down or speed it up using the pedals, but you have a front seat to life, watching it happen ( people who blame life sit here.. they feel its lifes fault that they are where they are ) IF YOU COULD EXPAND ON THIS MAYBE?

Third perspective is backseat passenger to life.. someone else is driving your car.. just like someone was driving my brothers that night.. you arent in control.. you listen to others (peer pressure?) they sit in your seat, they driver you car/life.. they influence you to turn down streets that you dont want to turn down... they leave you no choice, you sit back and let it happen to you.. you feel like a victim.... etc etc?

THAT WOULD PROB BE A MAIN POINT OF THE SPEECH I GUESS ON MAYBE "YOUR LIFE IS WHAT YOU MAKE IT?"

Id love to talk about Choices as teenagers as well if you have any ideas on how i can inspire teens to make the right choices

Id love to talk about how to survive school and how to develop a winning attitude ( making it funny and rememorable)

ABC = always be confident! I would love to teach them about confidence.. having a confidence rolemodel, acting confident, walking, and talking confident, just like learning to read and write.. we just have this skill when we are born, we aquire it through practise... pratice being confident and watch you life transform?

 MY QUOTE " Having a goal without the confidence to achieve it is like having a car with no wheels... you can sit there are dream about it all day, but your not going to get anywhere...

So i guess so far my main points are

Car analogy to do with having a purpose, vision, destination in life... about the speedbumps, roadblocks, seat postions etc and making it relatable to teenagers

then, surviving school.. funny stories etc... and making it rememorable

then, ABC always be confident... how to walk, talk act and condition your body to be confident ALL THE TIME.. and the success it will bring

Id love to have a section in the speech that highlights how our greatest challenges or adversities in life hold a seed of equal opportunity.. sometimes our greatest adversities become our best way of contributing to the world.. person story.. after my brother died, i started eating my way through it... with food.. i gained a tonne of weight, from age 10 (40kg) to age 17 \*(120kg)i gained a tonne of weight... i got bullied for it, beaten up.. i was sexually abused, tease all the time, not allowed to play basketball on the court.. i started cutting myself and tried to commit suicide twice as a result of the constant pressure through school..

After leaving school i met a personal trainer Joe who turned my life around... i bought years of bad attitude, hurt, pain, low self confidence and negativity with me to the gym.. he told me essentuate the positives eliminate the negatives.. where you chose to focus is where you energy goes... where you energy goes is what determines the quality of your life.. he inspired me so much, i went to the nz college of fitness and for the first time ever ( i failed 95% of my exams in school) i passed as a qualified PT and since then i have gone on to help over 1000 people lose weight, tone up, improve their confidence, achieve thier goals and become a success...

"our greatest challenges in life are actually blessings in disguise... they hold the power to helping us help others from making the same mistakes we have made" OR SOMETHING LIKE THAT :)

some other stories that have changed my life are:

i found it sooo hard to be accepted in school that, i use to go to parties, just to get drunk and do drugs just to fit in... after two attempted suicides.. with all the bullying and feeling lost going on, i got so drunk at a party one night, i drove to a nearby cliff about 10 minutes from home... it was about a 50 meter drop... i parked up.. it was pitch black... it was cold, i walked over the guard rail, through the shrubs to the edge of the cliff... I stood there for what seemed like forever looking up at the night sky... i could see the waves crashing below... i spread my arms.. i knew in the next moments all the pain would be gone forever...

I was interupted by a txt message... my phone vibrated in my pocket.. it broke my state.. it was a good friend who desperately wanted to see me... long story short.. i left, expecting to return that night... i never returned.. as in that moment a friend needed me... he needed me because he was going through the same suicidal thoughts as i was... it wasnt my time to go..

we vowed to be there for eachother forever.. we still are today.

I would love to have quite a bit of interaction with the audience to to get them warmed up, to keep them ingaged.. im not sure if that is part of the service ( i guess i can add those as i need it)

I want the audience to walk away with a new perspective of life.. that they have choices not matter the situation, that life is precious, that there greatest pain and frustrations can serve others powerfully if that just share with others, that life is what you make it.. are you in the drivers seat? Or are you letting others direct your life? Are you a sheep like everyone else, or have you broken away from the pack and living your life on your own terms!

I want them to feel inspired, motivated and know how to direct their own lives, make better choices, be confident, have goals.. and WIN!

ANY other suggestion you have would be awesome!! My goal is to make a difference in the lives of youth.. im not perfect.. no one is... i just have been here before them... life will knock you to the ground if you let it.. its about taking the hits and still driving forward... forward with goals, a vision, confidence and power!

Can you help me with my mission?

Maybe adding some relevant quotes from famous inspiration leaders.. like "be the change you wish to see in the world " etc.. if you want more peace in your life be more peaceful, if you want more happiness, share more of the happy you with the world etc etc etc...

Thanks for you time! :)