

dreams – whether it be a career change, picking up a new skill or starting afresh in foreign climes. “They say that for every minute you spend in planning, you save 10 minutes in execution. By breaking long-term goals down to smaller chunks, you’ll make things a lot more achievable.”

Beattie suggests a time-bound approach to plotting out your game plan. Avoid leaving goals in the “One day, I will” basket. “The problem [with this is] some people wait too long to be ready and that feeling never arrives. Part of the reason is because stepping outside your comfort zone can often be unnerving, but it’s something we all need to do.” So, on that note, let the planning begin.

live an expat life.

We asked: Vern Narayan, marketing manager of employment services company Manpower (manpower.com.au).

baby steps:

- Brainstorm which country and industry you want to work in. Research the job market conditions – if it’s flat, perhaps sit tight until the economy improves.
- Build connections. Join professional social networking sites, such as LinkedIn (linkedin.com), and seek out unadvertised opportunities from colleagues around the world.
- Try international secondment. These can either be temporary assignments to a regional or overseas branch of your current company, or an assignment within a client’s business.

big leap:

- Happy in your current line of work? Consider relocation within your company. Many large multinational businesses have internal recruitment teams who promote and advertise roles locally and internationally.
- Not sure where to go? A recent Manpower study showed the top five expat hotspots are the US, UK, Spain, Canada and United Arab Emirates.
- If you’re ready for a sea change, find yourself an awesome pad to rent on craigslist.org (an online classified haven spanning across 70 countries).

run a marathon.

We asked: Jodie Arnot, director of Healthy Balance Fitness (healthybalancefitness.com.au).

baby steps:

- Set aside a few times per week to get your heart rate up for 20-40min.
- To train for a 5km run, start with three running sessions per week. Ideally, this would involve three runs and up to two

start a business.

We asked: Angela Vithoukias, director of VIVO Cafe Group, and winner of NSW Telstra Business Owner Award (2007).

baby steps:

- Find a niche. Clarify what your business is – whether it’s goods, services, wholesale or retail. Next, you’ll need to know who your market is, then create a detailed plan of how to reach them.
- Research a company you like and study their business model.
- A franchise could be good if you want to be introduced to the systematic way of running a day-to-day business.
- Online companies usually have low start-up costs and can be a great way to distribute your product or service to a wider market. However, it can often be challenging to attract enough customers without first having a physical shopfront.

big leap:

- Once you have a rough business plan in hand, head to government websites for small businesses (eg smallbiz.nsw.gov.au), or your local Business Enterprise Centres (becaustralia.org.au). These sites have lots of resources and structures for helping your company in its early stages and also during expansion.

cross-training workouts. One session could be an easy-paced long run, another a moderate-paced short run, and the third could focus on intervals.

- Don’t rush. Combine jogging, strength and core work, and stretching and you’ll see a difference in six to eight weeks.

big leap:

- To avoid injury, gradually build your fitness. Start with working towards a 5km fun run (this could take eight weeks for beginners), then set a 10km race as your goal, and then a 15km. Once you can run the latter, the half-marathon will become achievable.

get published.

We asked: Sophy Williams, CEO of Black Inc. Publishing, and Alice Pung, author of the bestselling memoir *Unpolished Gem* (Black Inc., \$26.95).

baby steps:

- Research (and do lots of it). You must show potential publishers that you’re thinking about your audience and that you have a really unique project.
- Join your state’s Writers’ Centre. The people there can guide you towards suitable manuscript assessment.
- Start a blog. It’s a great way to develop a network that might be interested in your future published work.
- Get a copy of the Australian Publishers Association directory (publishers.asn.au/publications.cfm) so you know who to send pitches to once you’re ready.

big leap:

- Pung started out by getting one of her short stories published. “Some editors read lots of manuscripts each week, so they may be more likely to read magazines and shorter pieces in their leisure time,” says Pung.
 - “Be patient and try to tell a good story,” she adds. “Don’t focus on genre or writing a bestseller. Write [about a topic] that means something to you, and you’ll find that it’ll mean something to other people as well.” □
- Dreaming to be a top cook? Visit cleo.com.au for exclusive advice by former MasterChef member Justine Schofield.**