

Ulcerative colitis

(20)

Anxiety.

Bro - Anxi - medⁿ

Flare up prior to travel

Colonoscopy → good results

Best result in 7 yrs.

Coming off oral medⁿ

Pentasa

Suppositories - Salafalk

Was on oral steroids

Onset - age 22.

Girlfriend had a nervous breakdown

Strenuous

Real estate is strenuous

started bleeding in stool

Q.P. → gastro ent.

F⁺ acid 40 of stomach ca.

was very stressed.

IBS. overlaps -

Constantly flaring.

4 x per day (normal)

< travelling

Gastrostop.

< meat

< some protein powders.

Shake for breakfast

< fibrous food - fruit + veg

< rich food

< Creamy food

> rice; pasta

No pain or discomfort.

Wake 3.45

Gym by 4.30

Have to build routines around stomach.

Constant balancing act b/w gastro stop & worried

A wicked thing to have

Have to build routine around it

Constant thoughts.

I love it

OCD clean freak; ex. public toilets

M^o v. anal & thingy

Have to check stoves off; locks; switches;
whole process.

O^r freak out house with

Grew up without a f. - I have to protect the house
w/ hand shake.

⊕ Covid as better hygiene

Everything in its place

Triple check garage closed.

Childhood - checking they were turned off.

↳ if

1 older bro 34 - close.

- anxiety + depression.

When f^o died, I was 9.

⊗ v. traumatic

Dx - + died 3mos later

M^o was v. strong; v. busy & tired

Gave me stern views of the world.

- no sympathy for people who don't want to
contribute.

Every year we still had a holiday.

M^o paid off mortgage.

Big on work ethic

Bad temper; ferocious
soft + friendly + well regarded.
→ short fuse.

F. had a short fuse also.

Buenos group. I asked them to contribute.

They played the victim card.

They said I was a bully.

I was repulsive; used strong language; raised voice.

Victim mind set my pet peeve

F. I don't like when everyone is contributing + someone isn't.

Don't like people who are ungrateful + unappreciative

I've grown up seeing people having to pull up their socks.

Don't love tongue professionally but yet

⊖ laziness; slackness.

My Niche of real estate hard to get work.
Work so hard for it.

Work is inventors to build a firm part + whole.

21 - looking for 1st property.

Only new builds in AUS.

⊕ real estate

Wanted to be agent since school

⊕ numbers; networking; helping

21 - got 1st property - SE. QLD.

Super easy.

Coordinate the whole process for clients

Rent covered mortgage. Great exp.

A few years later - 2 more properties

⊕ financial security.

Being raised by single m^o
Conscious of money. Financial security

A lot of pressure.

Hardest part is getting the clients.
Relies on referrals.

Don't know where next deals coming from.

Best quality is discipline.

Here at 6.45.

On phone till 7 pm.

Work Saturdays.

Liberal views.

? pressure

→ stressed;
~~Making~~

Sleep.

- good.

Bed - 9 pm → 3.45 - 6.45

F = good on legs.

> mornings

→ gym; walk or run.

Relax.

- exercise

social - a lot of friends

- families in E. suburbs.

80-90% revolves around work.

Work not such a hard slog.

Real Estate is my life - then don't struggle to
late hours.

Stomach > since in own business.

< When in office in work place bully, mid to late 20s.
Anxiety through roof for 3 yrs.

Nasty emails out of hat.

Keyboard warrior

I learned a lot what not to do.

→ Constantly on edge. Can't do best work.

Worried about her next bad email

Worried all the time.

Lost sleep.

Business thriving → stomach best it's been.

↳ takes the pressure off.

Fear of market crash.

Constantly in mind set of 'I need move'

I don't want to run out

Don't want to end up on street.

⊕ travel.

Living 1/2 M^o. Looking to buy + move out.

Own estate.

I'm so contented; → comfort; STRUCTURE.

Bored if don't have plans.

DRIVER: financial security

⊕ Cars

⊕ travel. → food culture; European way of life;

⊕ make most of life meeting interesting people.
new places.

F: ELATED when over there.

⊕ London.

⊕ COLD weather: walk & run anytime.

Feel the cold.

Summer so suppressive;

⊕ exercise

⊕ walking - beach; mountains

F: CALM.

Feel good.

⊕ laughing

⊕ politics - fascinating; ⊕ the news.

love seeing what's happening.

F° a trader. Always woken early.

Cars: Formula 1 & tennis.

aspirational

⊕ mercedes

Land Rover defender

} status. v. VAIN.

Good asset - gets me on

Bad asset - could buy another property.

Grew up w. all women.

B. & an area nicely so feel you've got to work
H4 fists pumped.

reaffirming where I want to get to.

Goal rather

- to get another 2 properties & more sales before Xmas.
- Euro summer next year.
- shares

⊖ Unfocused people

Dreams.

① environments where people work hard.

When leaving last ~~and~~ job.

arguing about how to leave
would I be sued.

F: V. angry - strong discussions

Fear they'd sink

R: arguing

Health.

Dream pregnancy.

No health issues

Wells once as kid. Not sure from what.

Gall stones 20

⇒ No gall bladder.

21/22 - chol it is. + I.B.S.

→ Since, can't have beer - upsets stomach.

I.B.S.

Frequent bowel motions

Stool: loose, watery.

No bloating or gas.

Masms.

F° stomach ;

N° gall ~~stones~~ stones.

MGM: heart attack; MGM: leukaemia

F° side - diabetes

Anxiety

- always had it .
- sweat - armpits ; forehead .
- over think
- treat is botox. - 2-3 yrs

Nature

Fear.

I was brave

Grew up in Leonay; bush walking by myself

School captain - aspired to it . I like being a leader .

I was articulate - not so shy.

no issues public speaking .

Now - anxiety public speaking .

I sweat .

I always have my guard up. Takes me a long time to warm up to people.
Select. who to connect to .

Grew up early.

articulate & strong.

well regarded.

Love to be in leadership .

⊕ houses ; not being chased to dark .
Not cuffed .