

Happy Birthday to Me



Transcription:

Bill 0:01

Good day everyone Bill from recoveryafterstroke.com. It is in Australia, the 8th of June today. And that's my birthday. I just clocked over 45.

And I'm in this amazing place where I've come to do a two day. Well, the third day of a six-day course, to learn about how to get my message clear so that when I'm speaking to stroke survivors, I'm able to clearly iterate what it is that I can help them with.

Bill 0:42

Because of course, I can help people with coaching and I can help people with recovery after stroke. But how specifically can I help you is what I want to get better at talking about. And there's a number of ways that I've helped people in the past and coaching is one of those ways So if you have a question about how I might be able to help you, please feel free to ask.

Bill 1:05

But that's not why I actually made this post. But that's where I am today. The reason I made this post is because I'm just glad and i'm wrapped to be here as the wind comes in, to be here for another 40 well for my 45th year going on to my 46th, and I'm really looking forward to spending more time on this planet, which

at some point a little while ago, I wasn't quite sure what happened.

Bill 1:33

And I'm just glad that it is happening. And because my birthday is in Australia, and I and it's June, it's actually quite cold, usually on my birthday. So it's a really amazing blessing that I have blue skies and amazing sunshine that I can experience on my birthday because that's very rare. So, at one point, I didn't really celebrate my birthdays or do much about them, and I didn't want to make a fuss. And not that I make a fuss about them now, but I love celebrating my birthdays.

Bill 2:06

And I love having people around for my birthday family and friends and anybody who wanted to come along and celebrate. So that's what we're doing this evening where after the course finishes today, I'm heading out to celebrate with my family and friends. But the added bonus of my birthday is that it's my father in law's birthday on exactly the same day, and he turned 80 this year.

Bill 2:32

So it's a massive celebration for him. And it's a really big celebration for me. So it's a double celebration every year for me. And it's been a really great way to spend my birthday. Amongst other things, I get to experience the joy of having two people to celebrate and I love being a part of that. So we're going to head to a birthday party for myself and for my father in law a little later and I'm really looking forward to that happening.

Bill 3:01

So tell me about how you view your birthday now. Is it something that's more special to you than it was in the past? Has it changed the way that you appreciate the fact that you're on the planet for another year? Because it definitely has for me, I'd love to hear what's more special about how you spend your birthdays and your days after stroke.

Bill 3:28

I know that I am extremely appreciative and there's only one thing I want for my birthday. And that's my family and friends around to celebrate with me. And I love hearing from people who can't be with me and just connecting with them and remembering that we're all around them. We're all on the planet. So that's Bill

from recoveryafterstroke.com, happy birthday to me and thanks for watching.