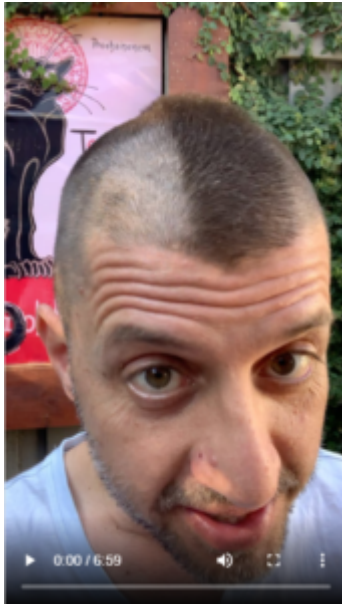


# Start Being Yourself



Transcription:

Bill Gasiamis 0:00

Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) Merry Christmas, Happy Hanukkah, Happy Holidays. Hope everyone has had an amazing time in the last few days.

And now chilling out and moving gently and quietly and effortlessly into the end of the year to celebrate New Year's. In February, it'll be eight years since I experienced the first bleed in my brain.

Bill Gasiamis 0:23

And that is an anniversary that I wasn't sure at one point whether I would make let alone the next year or two. And I've been lucky that I've been able to get through three brain hemorrhages and then surgery to remove the faulty blood vessel that caused the bleed. And I know that for some of you, you might be thinking that and I just want you to know that that's normal.

Bill Gasiamis 0:46

And I also want you to be okay with the fact that this year has been a really tough year for you or the last couple of years or however long it's been since you've experienced your stroke. And what I want to say is that as the New Year approaches, you know, I would like to think that a new year can often new hope.

Bill Gasiamis 1:06

And hope is not something that you do static. It's not something that you just do

by waiting around. So if you're hoping for something amazing to happen this year, why don't you take responsibility for some of those things that are going to help you make a massive change in the year 2020.

Bill Gasiamis 1:24

So we all know what it's like to experience tough times and what it's like to experience you know, a close to death experience and where above ground. And the fact that we're above ground is a great thing because while there's life, there's still hope there's still opportunity. One of the things that helps me is, I found my passion, my passion is to create a podcast about stroke survivors, for stroke survivors to put out there some information that I didn't have when I left hospital when I spent all that time at home alone. And I wanted to learn how to heal and how to recover.

Bill Gasiamis 1:24

It's the start of a new decade. It could be the start of a new you. In the next episode that is going to be released for the podcast in the Monday that's coming. We are going to be talking to a triple Olympian and we're going to be talking about mindset and some of the things that she did to take responsibility for her recovery after she experienced an AVM at around the age of 37 several years ago, when she was a young mum.

Bill Gasiamis 2:24

So that's something that I've been able to do and every week I get contacted by somebody who says thank you for sending me this message via this podcast. Thank you for helping me with this episode. Thank you for a free webinar. Thank you for a free download. And in the new year, what I'm hoping to do is to get a lot of thank yous from people who have come on board for recovery after stroke coaching right now. It's \$149 for 12 months, you can get access to the private coaching section in the forum of [recoveryafterstroke.com](http://recoveryafterstroke.com) where you can come on board and be coached by me.

Bill Gasiamis 3:01

Come on board and have somebody help you along the way in those difficult times in those dark times, you can ask a question you can ask for advice, you can vent, you can do whatever you need to do to help you on your way to your best year ever. So also in the new year, I'll be launching a free webinar on fatigue that's being wrapped up now. And that's going to be made available in the first week of

January. And I'm going to do that by creating a page where people can go to [recoveryafterstroke.com](http://recoveryafterstroke.com).

Bill Gasiamis 3:37

And subscribe to receive a notification of the webinar going live on a certain date. I'm picturing between the first and the seventh of January somewhere there. Then at the end of the year, at the end of January, I'll be going live with my 10 steps to brain health for stroke survivors, and module one, which will be called mindset, and people interested in that once again, we'll be to subscribe, get notified that that is going to come.

Bill Gasiamis 4:04

Now, if there's anything I can do to help you, I want you to feel free to contact me either through Instagram, either through messenger, either through the internet any way that you get in touch with people, whether it's email, you can get me at [bill@recoveryafterstroke.com](mailto:bill@recoveryafterstroke.com). And if you're doing a tough around this holiday season, you could just get in touch, and maybe you can get some support and get some help.

Bill Gasiamis 4:30

The other thing I wanted to let you know is that I've got a really cool haircut. And this is not something that I would have done many, many years ago, I've always wanted a mohawk. And this year, I decided to get my son to give me a mohawk, and to put some lines in my hair on the side of my head. And you can see he did a terrible job of making it straight.

Bill Gasiamis 4:50

But nonetheless, it's a mohawk and I've used it to go out and about today and I've drawn some interesting responses from people. I used to worry about what people think about me, and then coming close to death, it kind of took that away, it kind of made it possible for me not to really give a shit about what people think about me what I look like, what I want to experience how I want to be in the world.

Bill Gasiamis 5:13

And this is what I want for you for 2020, I want you to be the best version of yourself and not worry what other people think live the kind of life that you've always wanted to live, that you didn't allow yourself to do so because you're worried. But let me tell you a live shot. And I certainly do not regret having a

mohawk and the photos to prove that I've had a mohawk.

Bill Gasiamis 5:36

And it might not be the first or last time that you see this mohawk for me. It is something that has brought me to life in a different way that I've never experienced before. People have looked at me shocked. People have smiled people have responded in amazing ways. And it's just something that nobody does. And they don't do it because they don't want to attract attention.

Bill Gasiamis 5:56

Now I'm not doing it for the attention but I'm certainly don't mind it. A conversation starter. So if you're holding back on being you and being yourself 2020 is the year to be yourself to be you. So I'm going to leave it at that. If you're interested in receiving some information about either the free recovery after stroke webinar on fatigue.

Bill Gasiamis 6:21

Please just say yes down below. And when it's available, I'll notify people and let them know that it's available. If you want to know more about recovery after stroke coaching, you can go to [recoveryafterstroke.com/coaching](https://recoveryafterstroke.com/coaching) and you can find out more about that there. And if you wanted to be be involved with the launch of the 10 steps to brain health for stroke survivors, at the end of January, you can also get in touch with me at [Bill@recoveryafterstroke.com](mailto:Bill@recoveryafterstroke.com), and I'll send you the details. Thanks so much. Have an amazing end of the year and I'll see you in 2020