



CAMERON HEROLD

Vivid Vision

It's December 31st, 2021, and I'm in the best place personally I've EVER been. I'm a better, calmer, and more relaxed person every day. My self-care, relationships, and business are thriving, and I never take life for granted.

2022

Vacations

Apart from business trips, travel is an important part of my personal life and enjoyment. Every year I organize a fun family trip with both my boys to Europe or Asia. I also plan annual 3-day trips with each of my boys for one-on-one bonding time. My girlfriend and I continue to enjoy 2 long vacations a year together, and I've started doing solo trips and trips with friends. I recognize the need to disconnect and just be present—so I often leave my phone at home when I'm out and about. I leave it in the car when I'm on a date, and I don't bring my phone to the dinner table. I crave this connection and know it grounds me and feeds me, so I make it a priority. While on business trips I do at least one thing for fun to explore the city I'm in.



Activities

I take an active role in creating fun in my life instead of waiting for someone else to plan things for me. I actively play games and sports with my kids, girlfriend, and friends. We've re-built some of our hobbies like tennis, golf, working out, and doing yoga together. We also go to the theatre and concerts and have dinner parties with friends. I plan more of these than I used to. Stress and anger do not control me; I control them, and I don't embarrass anyone in public anymore. I check off at least one item on my bucket list per quarter and help my boys cross off their items too. I know that doing this is not only fun for me, but shows my boys that work is not my only priority, and that I truly care about them and their dreams, in addition to my own dreams and personal life.

I consistently balance prioritizing myself, my kids, and my girlfriend. I never feel like I come second, and I never let them feel second either. I want them to see me as a dad who has fun, travels, does things with friends, and isn't just a workaholic. Keeping us all a priority can and does happen, because I work to make it happen.

My Kids

Aidan and Connor no longer think their dad is a workaholic, as they see me actively doing other things, and prioritizing my time with them. I block off time in my calendar to be with my boys at breakfast and frequently for lunch during the week when they come home from school. I work on staying balanced and not snapping at them when things get stressful. I actively praise them for things more than I ever have, knowing it helps build their confidence and strengthen our bond. We cook delicious healthy meals from cookbooks together. After dinner, I actively engage the boys in doing something together rather than letting them play video games. When my kids are asked what their dad does they frequently mention my hobbies and not what I do for work.



Partner

My girlfriend and I have quarterly 're-connect' dinners. We rate each other in these 5 areas: Partner, Parent, Friend, Lover, & Confidant. I grow each time from the feedback I receive. I actively make improvements—partially out of fear of the past, and partially out of knowing this makes me a better person, and us a stronger couple. They bring us closer together as we are more open to talking about things and want to keep growing together.

Myself

My habit list guides my daily activities and helps me be proactive about improving my health, relationships, and business. Each morning I write in my gratitude journal. I eat healthier than I used to, while still enjoying my favorite foods. I'm a bit of a veggie and fruit smoothie addict, as I know it's still the easiest way for me to get those nutrients. I have a daily vitamin and supplement regime, and I exercise in some way 5 days a week, even if it's just a 7-minute workout. Exercise has started to be fun for me, and it grounds me in my daily life. Where I used to turn straight to a drink, now I'll turn to a run, the gym, a hike, or even the driving range before even allowing myself a glass of wine at the end of the day. Golf is a passion of mine again. I've been actively working on my game and my handicap is now 18. I also meditate 5 days a week. I've had these habits for a few years now.

Business Balance

On my business trips, I bake in time to explore and have fun. I host regular CEO?COO dinners with 8-10 CEOs or COOs to grow my Vancouver network of fun friends, and invite friends to my home regularly to connect and have a good time. I also host these dinners while on the road speaking at events to leverage my travel time. I outsource more of my day-to-day business so that I'm not as overwhelmed and stressed.

I want the business to grow to give me the life I want, but I know that I can't be the sole person making it happen. I'm 56 now, and I know that life is too short to not treasure family, friends, and fun. I have a strong financial plan in place and I share the numbers with my kids regularly so they learn too and can think about planning their future. I even share many of our expenses so they get a sense of how it all works.

I ensure I keep an 8am to 5pm work schedule, and I'm now working to get that to 10am to 3pm so I can fit in all the things I love to do. I also take 2 Fridays off every month, and I build in weekday activities mid-week with friends.



How I Feel

When people ask how I'm doing, I tell them the truth. I only say, "Good, I'm good," if I truly am, which is most days. I participate in occasional counselling and Shaman sessions to stay balanced and to work on "my stuff" so I can continue to grow and be a better person. I open up to friends more. This not only gives me perspective, but it forces me to be honest with myself and not let weeks or months slip by without creating change.

As a result, my relationships are stronger, business is booming, and I feel healthier and happier than ever. I am happy, calm, and gaining more confidence each day.

Cameron Herold