

MITCHELL VAN DELUISE

JAYNE HODGSON

TOR HUNDLOE

GEORGINA LEWIS

JULIANNA SURANYI

Make it COUNT

Want to find happiness, make a difference or get fit in 2010? You're not alone. Phil Brown asks 10 local identities for their tips on making the most of the year ahead

WORK HARD

MITCHELL VAN DELUISE / SCHOOL CAPTAIN, BRISBANE GRAMMAR SCHOOL

It's no good just sitting around waiting for things to happen, you have to make them happen, and that's what I want to do this year. Being school captain in Year 12 is a big responsibility and I'm feeling anticipation and apprehension because I know what's ahead of me.

But I also want to make 2010 a memorable year, so I'll try to approach it with enthusiasm but also in a relaxed manner.

Mates who've already finished school say it goes too quickly, so it's good to enjoy this time. In fact, it's my aim to make every year better than the last.

I hope to go on to study medicine and maybe take a gap year to travel overseas. But before that, I'm prepared to work to make this my best year ever.

POWER TO THE PEDAL

DOUGLAS BAKER / PROFESSOR OF URBAN AND REGIONAL PLANNING, QUEENSLAND UNIVERSITY OF TECHNOLOGY

If you listen to the radio every morning, it's obvious we need to improve the traffic situation in Brisbane. A lot of people are spending too much time in their cars.

One solution is to improve and extend the city's bikeways. Brisbane has the perfect climate for cycling and, as far as I'm concerned, it's the most bike-able city in the world.

I'm from Vancouver, Canada, which is a great city but you can't ride there in winter, it's just too cold. Here I cycle year round. It's a great way to experience the city and to keep fit, so we should expand the bikeway system. Everyone would benefit from that.

GET CREATIVE

JAYNE HODGSON / ARTIST

Explore the idea of risk-taking. As a family, we've done that by living in places such as Oman and in a little village at the foot of the Andes in Argentina.

As an artist, I try to do that with my work because risk-taking throws up all sorts of wonderful surprises.

I worked with children at my son's school last year and in art classes I tried to show them that they don't need to be too tightly constrained, that when they cut loose interesting things

happen. There's a sort of accidental alchemy at work when that occurs.

In my own art, I find that when I try too hard it often doesn't work. It's good to experiment, to do something different. For example, we named our daughter Stevyn and people said, "You can't do that" but it's a name that suits her perfectly.

HELP OTHERS

DAMIAN FOLEY / GENERAL MANAGER, THE SMITH FAMILY, QUEENSLAND

People can make a difference in a range of ways, by volunteering their time to help others, volunteering their talent or donating dollars.

There are about 600,000 kids in jobless families in Australia and that has a direct impact on their educational achievements and aspirations. We help provide literacy skills and educational scholarships, so when people donate money they can make a real difference.

To make that difference, you also have to have compassion and understand that there are some people doing it tough.

Our business is about making a difference and everyone can help us do that by giving in whichever way they can.

FIND HAPPINESS

MIFFI MAXMILLION / SPIRITUAL PROGRAM CO-ORDINATOR, LANGRI TANGPA CENTRE, CAMP HILL

To be happy, I go with what the Dalai Lama says: that we have to be wisely selfish. We all want to be as happy as possible but for lasting happiness it has to include others' happiness.

Most people think happiness comes from good conditions, money or external things but that's a short-term view and leads to dissatisfaction. When I'm focused entirely on what I want I am never satisfied. If I focus on what other people need, even small things can bring happiness.

It's what we can give to the world that will make us happy. The Dalai Lama says the meaning of life is to be happy and useful. There's nothing wrong with wanting to be happy and by benefiting others happiness will come.

CHOOSE HEALTH

BIANCA NEAVES / DIETITIAN AND EXERCISE PHYSIOLOGIST, WESLEY WEIGHT MANAGEMENT CLINIC

People need to get enough sleep. If sleep isn't a priority, it can have a negative effect.

If you're in a tired state of mind you are less likely to eat well and exercise properly. People who aren't sleeping well tend to be less motivated and are more likely to eat take-away food and overload on coffee for energy, when all they really need is more sleep.

I suggest getting six to eight hours of sleep a night - no matter how busy someone is. People who consistently have fewer hours than that are more likely to gain weight.

Also have a wind-down period before bedtime - don't work on the computer or do anything that stimulates the mind too much.

SAVE THE PLANET

EMERITUS PROFESSOR TOR HUNDLOE / CHAIRMAN, KEEP AUSTRALIA BEAUTIFUL (QUEENSLAND) & AUTHOR OF THE PLANET OF THE THINKING ANIMAL: SURVIVING THE 21ST CENTURY

Erase the word "waste" from your vocabulary and learn to live a simpler life. That's what I tell school kids because we waste up to 50 per cent of our food, as well as our electricity and time.

One of the problems is that we live our lives trying to keep up with the Joneses, which is like trying to beat the bookies. We should all try to live a simpler life and support our green industries.

We should also all go solar. Australia could be the world leader in this field because we have so much sunshine - most cities get eight or nine hours a day. As for wasting our food, everyone should compost scraps or it could go towards making biofuels.

COOK WITH LOVE

JACK STUART SEIDLER / SOUTHBANK INSTITUTE OF TECHNOLOGY APPRENTICE CHEF OF THE YEAR & JUNIOR CHEF, THE BUFFALO CLUB

Taking more time with cooking in 2010 is something I've been thinking about. Cooking is a craft that requires your full attention and recipes may not work out if you rush.

I'm a big fan of the slow food movement and believe there's nothing better than, say, a slow-cooked leg of lamb. Cooking is therapeutic, it makes people happy, so you shouldn't rush the experience.

Take the time to do things properly and don't take shortcuts. There are the things I've learnt growing up, in my studies and in the kitchen at The Buffalo Club working with chef Ryan Squares.

ACHIEVE WORK-LIFE BALANCE

GEORGINA LEWIS / NEWS PRESENTER, CHANNEL 10, BRISBANE

Everyone should be aiming to achieve the right work-life balance this year. It's important to set aside quality time to spend together as a couple or a family.

My husband, Paul O'Brien, works in aviation and is out of the state and the country a lot and I have a busy working life, so we have to plan to spend time together rather than just bumping along.

After a busy six- or seven-month period, we went to Fiji for a holiday before Christmas.

My girlfriends and I have a to-do list and I want to start crossing things off that list this year but first I have to remember what's on it.

A friend has the only copy in existence pinned to her fridge.

One item on the list is a picnic in New Farm Park. We did it some years ago and plan another one soon. It may sound simple but if you don't plan things like that they never happen.

Setting goals to do these things is a good idea and it's always nice to have something to look forward to.

INVITE SUCCESS

JULIANNA SURANYI / BRISBANE PSYCHIC PROFILER

Everyone wants to be more successful but to do that you first need to define who you are and work out your core strengths. (I don't believe in weaknesses.)

I advise people to ask themselves every morning: who am I and what do I need to do mentally and physically to get where I want to be? And what is my strategy for meeting my goals?

We're conditioned to think positively but that's redundant without a strategy. So first identify and isolate who you are, look at your friendships and see who's adding value and who is taking you off course.

I can tell people where I think they are going but they have to ask if they really want to go in that direction.

Just thinking about it is not enough. I could sit here all day and think I am a size 10 but I'm not.

Define who you think you are and what resources you need to grow, and then develop and harness them.