Willie Apiata, of Ngāpuhi, a corporal in the Special Air Service (SAS), is the first recipient of the Victoria Cross for New Zealand for bravery during the Afghanistan war in 2004 after carrying a gravely wounded comrade across a battlefield, under fire, to safety. Asked about SAS training, having failed at his first attempt to join the elite force, the reluctant hero said, “It’s about how much you want it, how determined you are physically and mentally. Prepare your body, mind and soul and nothing will stop you”.

Often times we fail to reach our goals not because we don’t have what it takes, but rather we don’t care enough about them to start with. We mistakenly think that because we ‘should’ be a certain way that it is a valid and worthy goal. At the deepest level of your being you have to be willing to see your goal through. Anything short of that and you’re simply setting yourself up for disappointment. What matters is the decision you make in your head. Chase what excites you, not what holds you back. The only thing separating you from the success that you earnestly desire is the degree to which you want it. How badly do you want it? Are you sure? Kia pai tō wiki!