



HEALTHY EATING

- The Glycemic Index (GI) is the rate that glucose is released and utilized in the body. The word means glucose ("glyc") – blood ("aemic") – indicator ("index"), thus a blood glucose indicator.
- There are three categories: low (0-55), intermediate (56-69) and high (70).
- Low and Intermediate GI foods are better choices for the general population, whereas high GI foods are suitable for sports people, during and after strenuous exercise.

Jeske Wellmann

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EXERCISE

5 Good reasons to exercise

- Builds self esteem
- Build muscles
- Reduces body fat
- Controls appetite
- Makes you feel energised

Colorado Department of Education
Nutrition/Colorado School Food Service
Association

MONEY

Put the fun back into your budget.

Can you still remember when you started to work and how difficult it was? Most people would refer to it as the "good old days".

Maybe we should consider to apply some of the guidelines, which worked then.

- Place all your purchase slips in a vase for 1 month. The whole family needs to play along. At the end of the month everyone gets together to reconcile the slips. Compile a new budget for the next month.
- Purchase everything in cash for one month. Lock your credit cards away.

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DETERMINE YOUR PURPOSE IN LIFE

Written by Jannie P. Rossouw

Have you ever experienced success, but felt dissatisfied? Some of us continue to seek for something, but that something remains elusive for all our lives. To tame the feeling of dissatisfaction, we have to find a natural fit between what we do and what we feel our calling is.

Here are two examples:

The successful businessman who woke up one morning, went to work, resigned and returned home and announced to his wife that he decided to enrol for a pilot course, because he really wants to be a helicopter pilot.

Also think about Mother Theresa of Calcutta who sometimes lived and worked in appalling conditions amongst the poor and sick.

A very successful American advertising guru, Bruce Barton, said on occasion: "Nothing splendid has ever been achieved, except by those who dared believe that something inside of them was superior to circumstance."

Do you feel passionate about your life and what you do? If not, chances are that you are not yet pursuing your true purpose in life. We only need to observe around us every day to realize that it is with exception that we encounter energetic, motivated people.

To find your purpose in life is a personal pilgrimage which sometimes goes hand in glove with emotions and usually takes you to

crossroads w.r.t. decisions about your career, marriage, friendships and faith.

But why should I pursue my purpose in life?

- It is always sad to hear older people say that there are so many missed opportunities they did not react upon. We all have one chance to make a success of life according to our definition thereof. We owe this to ourselves.
- If we really find our purpose in life, our life and what we do become more sensible.
- Purpose driven people are energised. Just think how you feel when you do something that you really enjoy. Your observance is sharper and you have a seemingly inexhaustible source of energy.

There are different perspectives w.r.t. our purpose in life:

My purpose as a husband may include:

- to be a breadwinner or
- protector of my family

My purpose as a woman may include:

- to be the caregiver for my family and dependents or
- a companion for my spouse

Then there is the perspective of "My purpose in life is to pursue a specific job or career.

- Business leader: through my business success I endeavour to touch

other people's lives and also to create opportunities for them.

- Medical doctor: to heal the sick.
- Educator: to educate learners in a chosen subject field

To understand your purpose in life you have to know the "reason" in everything you do. We all have a natural gut feel, almost like a built-in GPS system gauging the emotions we experience when we do something which is within the parameters of our purpose or calling. I have heard people say that "Time flies when you are having fun."

But how do I determine whether I really live my purpose? Elizabeth Kübler-Ross (Psychiatrist) states as follows: "Learn to get in touch with the silence within yourself and know that everything in life has a purpose."

Consider the following questions if you want to determine your vocation:

- What are my personal qualities? (Eg. positivity, good listener)
- What am I doing when I experience the most self fulfilment? (Eg. When I am in nature)
- What am I good at? (Eg. Figures, people)
- If I receive a big financial lump sum, will I continue with my life as is?
- If you succeed to find your purpose life, you will experience inner happiness and peace, something you can smile about in silence. Best of luck with your own journey of discovery.