

LIFE ESSENCE

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HEALTHY EATING HABITS

Eggs do not increase blood cholesterol levels.

Eggs have been part of the human diet since before recorded history.

Eggs provide high-quality protein, virtually every essential nutrient but vitamin C, and are a valuable source of choline. Eggs also contain cholesterol, which for the later part of the twentieth century was viewed as a health risk and eggs were singled out as a food to be restricted in the diet. Today eggs are recognized not for their cholesterol content—which has been shown not to be an independent predictor of high blood cholesterol levels or of heart disease risk—but rather for the totality of their numerous contributions to nutrition and health as a nutrient-rich source of high-quality protein and essential nutrients.

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WHAT IS THE PRICE OF SUCCESS? (Article 2)

Dear Jannie P. Rossouw

In Article 1, "*What is the price of success?*", we discussed the following two behavioral traits which set successful people apart from the rest, namely:

1. *Successful people have written goals.*
2. *Successful people give before they receive*

In this article we will discuss another two behavioral traits:

3. *Successful people constantly hone their skills.*

People who are good at what they do, are constantly honing their skills set. A mistake many people make is to think that "learning" necessarily implies that you need to enroll for some or other formal course.

This is a possibility, but there are several other ways in which you can sharpen the proverbial "ax".

Here are a few examples:

- Read books written by successful people in your specific industry.
Listen to CD's / tapes on topics that interest you.
- Subscribe to magazines where the latest trends and events in your industry are revealed.
- Identify successful people and ask them if they would be prepared to engage with you telephonically or in person so that you can ask them for their advice and guidance

on topics or challenges that you struggle with or require a better understanding about. People like to share their knowledge and experience with others.

- Attend seminars where experts in your field or industry are the keynote speakers. Register for a course to keep abreast with changes in your field.

Think about the following for a moment:

If you only read 15 minutes each day, yes only 15 minutes, you will read about 15 pages per day and that will add up to 25 to 30 books per year.

Imagine how much more you will know about your business, industry and interests after only one year. Now think of the cumulative effect over a lifetime should you apply this small discipline in your life.

A little action (read 15 minutes per day), can make you a specialist in your field. We all know that employers are willing to pay handsomely for skilled and knowledgeable people.

Noted author and motivational speaker, Zig Ziglar once said that you will be the same person one year from now, except for the people you met and the books you read.

4. *Successful people are respectful and humble*

Sometimes we look at people

whom we deem to be successful, and when your paths meet, your admiration is replaced with disappointment, because the person might have treated you with contempt and disrespect.

By contrast, the characteristics of real successful people include

- Friendliness
- Consideration
- Compassion and
- Helpfulness - there are surely more characteristics which you can mention.

Successful people know that every fan, friend, colleague and acquaintance is an important link in their continued success.

They recognize their co-existence with everybody around them. They understand the responsibility they have as role models in society. Think of celebrities and legends such as Nelson Mandela, Mother Theresa, Bill Gates and Jonty Rhodes.

Success is certainly one of the most sobering tests for a person's character. This will reveal your true character.

What do you currently do to improve yourself? How do you treat the people who cross your path?

In the last article of the series, we will discuss the following:

- Making sacrifices
- Know what your Achilles heel is and
- Why successful people are willing to wait

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