

## HEALTHY EATING

- As lifestyle diseases, i.e. diabetes, heart disease and cancer are on the increase, it is important to change your lifestyle.
- One way is to eat healthier food choices, and to ensure optimal blood glucose control.
- It is better to choose foods with a lower glycemic index (GI) and glycemic load (GL), thus a slower, more controlled blood glucose release that will have a positive effect on our health.

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## EXERCISE

### What can I do to exercise?

- Take the stairs to your office instead of the lift.
- To stand is better than to sit, especially when you are waiting in queue.
- Wash your car by hand instead of taking it to the carwash.
- Play with your children.
- Work in your garden

## MONEY

### How do I control my spending?

- Decide how much you can spend on your lifestyle.
- General budgeting guidelines:

- Household : 35%

Eg. Groceries, Rates and taxes

- Financial services : 25%

Eg. Retirement, Healthcare

- Debt repayments : 35%

Strive to be debt free

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## LEARN FROM YOUR DISAPPOINTMENTS AND FAILURES

*Written by Jannie P. Rossouw*

None of us have a preference for failure. We do however have a choice on how we respond to disappointment and failure.

A disappointment or failure is merely an undesired outcome to a situation. The disappointment brings about an emotional feeling of powerlessness. It is this emotional experience which touches our whole being.

*Let us highlight a few reasons why we fail.*

### **1. Incorrect or insufficient information**

We sometimes listen to the opinion of others. This influences our perception regarding a situation and if we pamper this thought any further, it will become our truth, in other words the fact base against which we make decisions. The error of judgment we made in the first place was not to test the information against the facts. The information might have been factually wrong.

We should guard against making decisions based on unverified information. This can be to our own detriment if we make an error in judgment which in turn leads to an undesired outcome to a situation.

### **2. Hasty decisions**

When we are under pressure to achieve a goal or to finish a task, our good judgment can fall to the wayside if we do not purposefully make sure that our actions are supportive of the desired outcome.

### **3. The lack of focus**

Most of us fall into the trap to take on more “than we can chew off”. In the chaos to get everything done, it diminishes the opportunity to focus and to conclude the task on the standard we expect from ourselves. If we do not have a focus on the job at hand, our span of attention gets divided between a myriad of responsibilities, thus setting us up for possible failure.

It also leaves us with a “sinking feeling” and disappointment in ourselves.

### **4. Not finishing up**

When we are not committed to see our tasks and responsibilities through to completion, it tends to increase the emotional burden we carry.

Our stress levels increase as well. It might even ruin our reputation to such an extent that people will lose trust in our ability to deliver upon designated tasks and responsibilities.

This may well lead to a situation where we may be overlooked for future opportunities.

### **5. The “voice in our head”**

If you are wondering to which “voice in the head” I refer to, then it is the exact voice which just “spoken” to you.

When you have failed at something in the past and you are confronted with the very same situation again, then you will find that the previous negative experiences are recalled from your subconscious mind.

Let’s say that your work requires you to present to audiences from time to time, but you are not a natural speaker.

Every time you need to speak you will be afraid that you forget your words and that people will ask you questions you will not be able to answer.

We can all recall situations where the “voice in the head” reminded us of previous mishaps and forcing us into the very same mistakes. We need to silence this voice.

### **In Conclusion**

Failure is an undesired outcome to a situation. Learn how to model your behavior accordingly to counteract the anticipated outcomes.