

LIFE ESSENCE

June 2010

2nd Edition

www.youcan.co.za

HEALTHY EATING

Guideline Daily Amounts (GDA's)

See

www.eatwelllivewell.co.za for more information on

- Your daily guideline amount of nutrients ie.
 - Kilojoules
 - Sugars
 - Fats
 - Saturates and
 - Salt

EXERCISE

General Tips

- Start slowly with any exercise program. Consult your doctor when in doubt w.r.t. the status of your health.
- Convince your spouse or best friend to work out with you.
- Set daily or weekly goals.

MONEY

Tips to make you recession proof

- Make a budget and stick to it.
- If your vehicle repayments are high, sell the vehicle when you can get a good price and scale down dramatically.
- Don't spend money you don't have. Don't take on new debt.

Paul Slot—

www.octogen.co.za



ARE YOU MERELY MAKING A LIVING OR DO YOU HAVE A LIFE?

Written by Jannie P. Rossouw

We all know people, who on the surface of things have a lot going for them, but they still seem dissatisfied and unhappy. Then we also know people who are less fortunate, but lead a full life.

I am of the opinion that there is a direct correlation between the quality of our life and existence and the choices we make every day.

Your answers to the following 4 questions will give you a good indication of the quality of your life at this very moment in time.

1. How do you apply your time?

Do you spend more time at the office than at home? Is your "work load" a comfortable excuse to sidestep your personal responsibilities? Don't get me wrong—it is great to have ambition and to work hard at building a successful career. It poses to become a challenge when your total existence is absorbed by work to the detriment of your personal life.

Make time to read, walk, think, relax, grow your spiritual life and exercise.

2. What are you reading?

The well known author, Zig Ziglar, once said that we will

be the same person a year from now apart from the books we read and the people we meet.

Do you read magazines which gossip about other people and seek sensation from the setbacks of others or are you poisoning yourself with explicit material?

What you read and expose yourself to, forms your thoughts, your thoughts guides your behavior and your behavior ultimately determines who you are and will become.

3. With whom do you spend your time?

It is said that "You will be known by the company you keep."

The people with whom we associate and spend time with, have a substantial influence on our subconscious mind, which in turn guides our behavior.

Do yourself a favour and evaluate the quality of your conversations with your friends, family and acquaintances. Sometimes we have to disengage from a friendship where our kindness and humanity are abused, our enthusiasm is stripped and where the maintenance of the relationship takes up too much time and effort.

Rather choose people who inspire you, from whom you can learn to be a better person and who's positivity lightens your spirit when you are in their company.

4. What do you do with your money?

Money is and stays a means to an end. This implies your need to decide what you want do and achieve by applying it.

An excessive debt burden can strip you from happiness, jeopardize personal relationships and to the extreme leave you with a criminal record if found guilty and charged for non-payment. Debt necessitates your to work to keep your possessions instead of letting your money (read savings) work for you.

We don't need to be slaves of money, merely because we "need to own something." Sometimes we buy things we don't really need to impress people we don't even like. Remember that all the money in the world does not guarantee happiness, health and fame.

In Conclusion

Choose wisely so that you too can experience life in it's fullness and therefore really know how it feels to live!

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