



HIGHLIGHTS FROM PREVIOUS ARTICLES

In the 3 Article series of "What is the price of success?" we have discussed the following 7 behavioural characteristics which differentiate successful people from the rest:

1. Successful people have written goals.
2. Successful people give before they receive.
3. Successful people are continuously busy to hone their skills.
4. Successful people are respectful and humble.
5. Successful people make sacrifices and do what is required of them.
6. Successful people know what their Achilles Heel is.
7. Successful people are willing to wait.

TO BE OF SERVICE : A BLESSING OR BURDEN?

By Jannie P. Rossouw

All of us have done a favor for somebody only to feel that our good deed was abused or that our goodness are repeatedly abused.

In this article, we will discuss a few tips which may balance the scale in your favor.

1. Where do you currently apply your skills and energy for which you are not directly compensated?

Prepare a spreadsheet with the following headings where you state:

- For who do I currently pay a favor? Think of your family, friends, acquaintances, neighbours, church, school and sports club.
- What do I do? Describe the action in more detail.
- How does my involvement make me feel? Do I feel motivated or do you feel tired out and abused?

Is there an end date in sight? If there is a deadline, you can take control of the situation and decline future requests.

Now that you know where you have commitments, we need to determine:

2. Why am I involved in these task(s)?

- I was available
- I had the skills to help
- It felt that it was the right

thing to do

- I feel sorry for the person or situation

- I would have felt guilty if I did not offer my assistance

Our emotions sometimes get the better of us. Try to make a objective decision when you volunteer your assistance.

3. What are the signs that indicate abuse?

If you see the signs in advance, you can pro-actively take a stance to protect yourself, your time and your energy levels.

- You help someone as a favor, but then you repeatedly receive further requests for help.

- You receive no reward or recognition for what you did.

- The situation favors the other party and extends to your disadvantage.

You do not have time to take care of your own responsibilities.

4. How can you relieve yourself from such responsibilities?

Explain to the person that you can no longer assist them, since you have other priorities that require your attention.

Remember, you do not need to divulge any details, it is for your knowledge only.

Be firm in your response.

There is a saying that goes: "To request is free, but also to reject it."

5. How do I handle the feelings of guilt when I say 'no'?

- Consider to see a psychologist if you are struggling to uphold yourself.

- Shift your focus to things that are important to you.

- Do not entertain any feelings of guilt. Remember that guilt is one of the reasons why you got involved in things before, against your better judgment and that is also why you are feeling abused.

6. How do I refocus my energy, passions and abilities?

- Start a new hobby where you can express yourself.

- Set personal goals that you actively pursue.

- Surround yourself with people who appreciate your abilities and kindness.

- Engage in activities where you have the freedom to uphold yourself and where you can call a halt.

To be of service can create a degree of self-actualization, but it should not be at your expense and what is important to you. Albert Einstein once said "Only a life serving others is a life worth to live." His intention was certainly that we should choose where and with whom we will be involved.