

LIFE ESSENCE

November 2010

6th Edition

www.youcan.co.za



HEALTHY EATING HABITS

It is important to eat a variety of food every day. This ensures optimal nutrition and can prevent malnutrition.

Malnutrition is not only very thin and sick people, people with a normal weight for age and length can also be malnourished if they do not consume all the nutrients needed for optimal bodily function.

Keep the following in mind next time you plan a meal.

Have lots of vegetable and or fruit on your plate, with a fist size carbohydrates (preferably unrefined) and a palm size protein (meat, fish, chicken) or a portion of dairy and a small portion of fat.

Jeske Wellmann

www.wellmann.co.za

EXERCISE

To walk and jog alternately is an excellent way to become fit and slender.

If you are very unfit, then you should start by walking very slowly and then increase your pace until you can jog for short periods of time. Only start with this after you have the ability to walk at a brisk pace for at least 30 minutes.

Remember : If you experience any pain in your knees when you change over into a jog, then rather revert back to walking.

Linda Kriel—Fitness Consultant

MONEY

Create **financial goals**

- Separate short and long term goals from one another
- Give your short and long term goals a ranking which is aligned with your priorities
- Create target dates for your top priorities
- Review your goals quarterly—be flexible

Paul Slot www.octogen.co.za

WHAT IS THE PRICE OF SUCCESS? (Article 1)

Dear Jannie P. Rossouw

It's easy to observe successful people and think they are lucky to be so fortunate or that someone gave them a break or that they inherited their wealth.

The truth is that very few successful people (whatever your definition of success) were born with a silver bullet of kinds.

Many successful people achieve success despite their background, education or financial ability.

The reality is that successful people are willing to do things that the rest are not willing to do.

Several studies and interviews with successful people have found that there are a number of behavioral traits that set successful people apart from the masses.

1. Successful people have written goals.

It is not sufficient if we only nurture a goal in our thoughts. We need to apply as many as possible of our senses to make our thoughts more "tangible" for example by writing it down, seeing it and even to read it out loud so that we can also hear it. By developing affirmations we have the further benefit of bringing our goals to the forefront of our thoughts and activity planning on a daily basis.

Numerous sources of information state that only about 3% of people have written goals. It also states that this group of people are

among the most successful members in society.

Is it easy to do? Sure, but it's also easy not to do.

For many years I have also sought after the so-called recipe for success. I have read many books and tried many things just to figure out that it is the simple things in life which give the best results.

Here is a hint, which if applied consistently, WILL transform your life for the better. If you plan and implement 5 smaller tasks for 5 days a week (say Monday to Friday), it will bring you closer to your dreams, ideals and goals, and if you continue doing so for 40 work weeks you will complete about 800 tasks in the course of a year.

It is the small decisions you make and actions you take every day which have the biggest impact on your life. Every small decision made and action taken will change your habits, which will influence your actions and ultimately find expression in the outcome of your life.

2. Successful people give before they receive

We all know people who consciously / unconsciously claim other people's time and resources to fulfill their personal agendas. I am not referring to anyone who contracts and pay another person for their time and expertise, but

merely abuses the situation and goodwill of others.

These are the kind of people when you see them coming your way, you stop everything and take charge in the opposite direction. People normally do not like to feel that they are abused.

There is another very productive approach which will attract people to you. This is when you first add value to others i.e. give something to others before you ask or expect anything in return.

An example could be that you refer someone you just met, to an acquaintance of yours to help him/her with a challenge or merely as a reference with whom they can possibly do business.

Maybe you can give something of yourself - you may have a skill - you are for example good at landscaping - you then offer to assist the person for free.

People will be happy to associate with you, because you are a valuable resource for them. They will then oblige by unlocking value for you through referrals or assistance.

Successful people give something of themselves and thereby build strong and productive personal networks which in turn help them to succeed.

In the next article we will discuss a few more behavioral traits of successful people.