

I inquired as to her health. He told me she had been there for awhile and that she was a victim of Alzheimer's disease. As we talked, I asked if she would be upset if he was a bit late. He replied she no longer knew who he was; she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?'

He smiled as he patted my hand and said, 'She doesn't know me, but I still know who she is.' I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life.' True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

With all the jokes and fun that are in e-mails, sometimes there is one that comes along that has an important message. This one I thought I could share with you. The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

I hope you share this with someone you care about. 'Life isn't about how to survive the storm, but how to dance in the rain.'

Source: Via Email Chain

" Success is not a destination, it's a journey. "
Zig Ziglar



ADVICE FOR 2010

First I was dying to finish high school and start college, and then I was dying to finish college and start working, and then I was dying to marry and have children, and then I was dying for my children to grow old enough so I could go back to work, but then I was dying to retire and now I am dying.... And suddenly I realised I forgot to live.

Please don't let this happen to you. Appreciate your current situation and enjoy each day.

To make money we lose our health, and then to restore our health, we lose our money. We live as if we are never going to die, and we die as if we never lived.

HOW TO STAY YOUNG:

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'.
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.'
4. **Enjoy the simple things.**
5. **Laugh often, long and loud.** Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. **Surround yourself with what you love,** whether it's family, pets, keepsakes, music, plants, and hobbies, whatever.
8. **Your home is your refuge.**
9. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
10. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
11. **Tell the people you love that you love them, at every opportunity.**

ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away. Source: Anonymous

You may have to fight a battle more than once to win it.
Margaret Thatcher



BECOMING AUTHENTIC

For most of us the path towards "being authentic" is not an easy or short one. Perhaps some leaders somehow got on to and stayed on their "authentic path" from a relatively young age. But, for most of us, I believe when we were young we were on this path, but life experiences influenced us towards slowly drifting away from it. Our first priority as leaders, on a daily basis should be to find our path back to our own authentic self. What will help are honest answers to the following questions:

- Who am I really- from background identity to character to personality?
- What are my values? What do I value most in life?
- What is my deep-rooted life and leadership philosophy (approach, beliefs)?
- What do I want to achieve in life – if I was on my death bed today looking back at my life what would I hope I had achieved?
- What is expected from me in all my current roles – family, work, society?
- What are my strengths and weaknesses against living the answers to the above questions?

I believe what will also assist one to be more authentic is finding a moment or moments everyday to reflect on the above questions- re-calibrate, re-focus. Confront your weaknesses boldly and consciously and build on your strengths. As you do this you achieve more success, confidence will grow and you will start to feel more comfortable with yourself, which makes it easier to be authentic. Ultimately I believe our own "authentic path" should lead to focusing more on others than ourselves.

If this is not the case, you may very well be on the wrong path.

Source: Adriaan Groenewald – www.leadershipplatform.com



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When difficult times hit, such as economic downturns or personal challenges, people often get stuck into patterns of thinking 'I don't know what to do' or 'Bad things keep happening to me.' Many people think they are victims of their circumstances, and that there is nothing they can do to uplift themselves or their situation - they feel it's out of their hands. Perhaps you have been retrenched or have gone through a challenging personal or familial experience. How many of you can relate to this? So, you ask, how can I turn these situations around?

How does a leader make it through an economic downturn seemingly unscathed? First of all, they might have financial loss, but a natural leader will recognize the value of other types of assets - the value of continuing education, the value of personal development and the value of understanding that every challenge is in fact a benefit.

How many of you faced a challenge which propelled you to find a different solution to a perceived hopeless problem? How did that get you to think outside of the box and implement new procedures which had even *better* outcomes?

The natural leaders in the world come through challenging times grateful for the lessons they learn. They are the ones who use downtime to invest in themselves and to empower their intellect, their understanding of human behaviour and their understanding of how emotions can influence rash or panicked actions or decisions. They become pro-active rather than reactive.

When you are stuck in the cycle of beating yourself up, or feeling bad about things, believe it or not - you are actually building yourself up in another area of your life. Yes, it's true - at the exact same moment that you are minimising and beating yourself up, in another area of your life you are actually grander and building yourself up. At the exact same moment inside the human psyche you can never put yourself down without building yourself up. Within this universe there is a complementation of opposites, and what is true outside is most certainly true within.

So where in your life are you confident, sure of yourself and your abilities?

Within all of us is a natural leader. The Trumps and the Buffets of the world are no different from us - they just recognise opportunities within perceived difficulties. You have those same qualities within yourself as well, and are using them in other areas of your life. Now is the time to apply those qualities in the areas they may be lacking. Don't let yourself subscribe to mass theories of victimization - you have the power within yourself to master your experiences and ultimately your life. Invest in yourself. Understand that challenges are advantages. Take downtime to increase your knowledge. Below are some additional steps to help you have a self-directing life.

Here are 10 Steps to Living More Confidently:

1. **Save Money**
Financial independence is a vital aspect of self empowerment. When you invest and manage your money wisely you get more money to manage. When you start to earn income from the interest of your invested money you are entering into a position where money no longer controls you. Save at least 10% of your earnings each month. If this is too much start with, then start with as much as you can. As you increase your savings, you will feel a greater level of self worth which opens you up to be guided by inspiration rather than desperation.
2. **Know Where You're Going**
Clearly define what you would love to do in your life. Don't edit your dreams. If you have a clear road map, it's much easier to get somewhere. Your energy soars when you're clear on your aim and direction.

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3. Surround Yourself with People that Inspire and Uplift You:

People who think big allow you to expand. You cannot put your hand into a pot of glue without some of it sticking and likewise you cannot interact with inspired people without some of that rubbing off on you.

4. Affirm the Person You Would Like to Become

Affirmations are simply a title for the 'things we say to our self about our self'. Rather than think about who you have always been, start telling yourself who you are today at the present moment. As an example: I am confident, powerful and decisive at all times.

5. Read, Read and Read

Whether it be a self-help book or a great novel, reading opens your mind and expands your vocabulary. Reading can assist you to speak with poise and confidence.

6. Count Your Blessings

Keep a gratitude diary and take note of what you have to be grateful for each day. You will be amazed how this shifts your perspective and actions.

7. Eat Less, Eat Regularly

Eating too much slows you down and can make you sluggish. Eating moderately at regular times each day assists the body with digestion and optimises physical function.

8. Smile

Smiling tends to change your physiology and creates the impression of vibrancy and youthfulness.

9. Complete Things

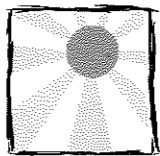
The more you do simple things and complete them, the better you train yourself to do what you say you will and experience a sense of achievement. Start with a checklist. Give yourself rewards. Ask someone to assist you to be accountable.

10. Transform Your Baggage

Many people walk through their lives dragging their emotional baggage because of a mis-perceived past event and feel that they have never been appreciated and loved. Just in case you're carrying any unnecessary loads, I encourage you to do this one thing now. Make a list of every single thing in your life that you resent, or anything you have never loved—anything you think you made a mistake on, whatever you think you could have done "better." And then go through those items, one by one, and ask yourself: How did it serve me? How did it serve others? Respond to these two questions again and again, until you discover the benefits of these actions and events, and see the balance, the order, and the gifts resulting from them in your life—and in the lives of others.

Source: Dr. John Demartini.

Big shots are little shots who keep shooting.
Dale Carnegie



UV Facts: UVA vs UVB

We all know the sun can damage our skin causing premature aging and even cancer but most of us don't know how or why. It can be hard to know what to look for when you need to protect your skin as it's easy to get confused about which UV ray does what. It's easier to know how to protect yourself if you know what you're protecting yourself from.

The sun has 2 types of UV, (ultraviolet), rays: 1. UVA, 2. UVB.

UVA: Long-wave solar rays of 320-400 nanometers, (billionths of a meter). You're almost never safe from exposure to UVA rays as they can go through windows, light clothing and even your windshield, so if you're outside you're getting exposed to UVA rays.

UVA rays are responsible for aging. They are less likely than UVB to cause sunburn but UVA penetrates the skin more deeply, causing wrinkling and leathery skin. Prolonged exposure of UVA cracks and shrinks the collagen and elastin of our skin. Collagen makes up 75% of our skin and is the fibrous protein of skin, cartilage, bone, and other connective tissue. Along with elastin, it is responsible for skin strength and elasticity, and its degradation leads to wrinkles that accompany aging.

Elastin, is a protein in connective tissue that is elastic and allows the skin to resume its shape after stretching or contracting. When UVA rays damage these components of our skin it loses strength and elasticity thus causing wrinkles, sagging, leathery skin and...aging! If that's not bad enough studies show that UVA not only exacerbates UVB's carcinogenic effects but may also directly induce some skin cancers, including melanomas.

UVB: Short-wave solar rays of 290-320 nanometers. UVB rays are more potent than UVA in producing sunburn. Therefore these rays are considered the main cause of skin cancers, (basal and squamous cell carcinomas and melanoma). Sometimes called the "tanning ray", UVB rays stimulate the melanocyte cell, (located in the bottom layer of the skin), to produce the brown pigment melanin, producing a suntan as a defense against UV radiation.

So even if it's a cloudy day and you're driving in your car you're getting exposed to the harmful UV rays of the sun. That's why it's so important to protect your skin with sunscreen and UV protective clothing at all times, (especially if you're working, playing or vacationing outside).

Source : Lori Valesko , www.inspiringwoman.co.za.

What is to give light must endure burning.
Viktor Frankl



The Fundamentals of Success

I would like to share with you an excerpt from a book called "THE FUNDAMENTALS OF SUCCESS". "I'VE HEARD THERE'S GOING TO BE A RECESSION; I'VE DECIDED NOT TO PARTICIPATE" A friend of mine owns a Lexus dealership in south California. When the Gulf war broke out, people stopped coming in to buy Lexuses.

They knew if they didn't change their response (R) to the event (E) of nobody coming to the showroom, they were going to slowly go out of business. Their normal response (R) would have been to continue placing ads in the newspaper and on the radio, then wait for people to come into the dealership. But that wasn't working. The Outcome (O) they were getting was a steady decrease in sales. So they tried a number of new things.

The one that worked was driving a fleet of new cars out to where the rich people were – the country clubs, marinas, polo grounds, parties in Beverly Hills and Westlake village—and then inviting them to take a spin in a new Lexus. Now think about this...have you ever test-driven a new car and then got back into your old car? Remember that feeling of dissatisfaction you felt as you compared your old car to the new car you had just driven? Your old car was fine up until then. But suddenly you knew there was something better – and you wanted it. The same thing happened with these folks. After test driving the new car, a high percentage of the people bought or leased a new Lexus. The leadership had changed their response (R) to an expected event (E) – the war – until they got the outcome (O) they wanted; increased sales.

They actually ended up selling more cars per week than before the war broke out. E+R=O (Event + Response = Outcome) every outcome you experience in life is the result of how you have responded to an earlier event in your life – if you don't like the outcomes you are currently getting; there are two basic choices you can make. A) You can blame the event (E) for your lack of results (O) B) YOU CAN INSTEAD SIMPLY CHANGE YOUR RESPONSE (R) TO THE EVENT (E) – the way things are – until you get the outcome (O) you want.

Source: – Jack Canfield, The Success Principles: How to get from where you are to where you want to be.

Success is largely a matter of hanging on after others let go.
William Feather



THOUGHTS OF INSIGHT

- You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.
- You first form your habits, and then your habits form you.
- It is just as easy to form habits of success as it is to form habits of failure.

- You can be the STAR of the hour if you make the minutes count.

WE NEED PEOPLE

- You cannot do it on your own. You will need the help of others if you want to be successful – and that will require connecting with others.
- Love what you're doing; believe in your product and select good people.

EXERCISE FOR SUCCESS

- Keep your body fit,
- Keep your heart flexible,
- Keep your mind open,
- Keep your comfort zone expanding.

ACTION

- Do something you hate every day, just for the practice
- Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.

THE HOT POKER PRINCIPLE

- If you place a poker near the heat of a fire, it too becomes hot. To succeed, follow the hot poker principle:
- Be around great men and women, and learn from their experience
- Visit great places
- Attend great events
- Read great books

THE THREE C'S OF GROWTH

- Choice - it allows you to start growing.
- Change - it allows you to keep growing.
- Climate - it allows you to enjoy growing.

Source: Johan Maxwell – Success one day at a time abbreviated by Linda Erasmus, CEO Fine & Country

Turn your stumbling blocks into stepping stones,
Anonymous



LET'S DANCE IN THE RAIN

It was a busy morning, about 8:30am, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning He said no, he needed to go to the nursing home to eat breakfast with his wife.