

RECIPE FOR SUCCESS

“You have one life. What are you going to do with it?”

STOP THE SABOTAGING

WHAT DO YOU STAND FOR

KEEP TO A ROUTINE/BE DISCIPLINED

FINANCES

USE A STRATEGY/MODEL

1. STOP THE SABOTAGING (Reference: <https://youtu.be/sMzHgLivReY>)

1.1 What is self-harm?

Any behaviour that has a negative impact on our body, mind and soul through our own conscious or subconscious preferences in life is considered self-destructive. This behaviour could be in the form of habits like smoking, drinking and drugs, abusing pain-killers or choices we make in jobs, anger outbursts, relationships and health.

1.2 Recognizing self-destructiveness

Here are some pointers to recognize self-destructive patterns:

Not doing your hobbies or things you enjoy, sabotaging relationships that are good for you, sabotaging your job, sabotaging your health, alcohol abuse or using drugs, perfectionism, procrastination, lacking self-care, isolating, having a defeated attitude, feeling I don't deserve love and happiness, sleeping too much, not making time for beneficial activities, making myself invisible, engaging in unhealthy relationships or

connections, not working towards my goals, staying in environments and relationships which are toxic, watching endless YouTube videos, unhealthy eating and lifestyle, bad time management which then put us under stress at the last minute, expecting something bad to happen when it is going well.

Venting anger towards yourself, taking impulsive decisions that can harm you, self-mutilating actions such as cutting behaviour to harm the body. Pushing people away who care about you. Quitting your job without having an alternative income. Compromising your needs and goals to satisfy others. Depriving your body of proper rest and nutrition. Spending your money beyond your means. Holding others responsible for your life choices and consequences. Allowing people to take advantage of you. Not setting boundaries with your children and others. Making your life complicated by taking the wrong decisions such as getting into affairs.

1.3 Origins of self-destructive behaviour

Feeling stuck calls firstly to identify self-destructive behaviour which is link to a **biological problem.**

We all have the ability to heal because when our bodies get stuck in surviving mode it starts getting ill and our bodies will cry out for healing.

The surviving mode or being stuck will always win if we don't take action to get unstuck.

If you are stuck in head-mode or hopelessness you will be likely to fail in integrating your body into your thinking process and you will lose out on the wisdom of your body.

Childhood: Being used to living to survive and past traumas. Being stuck in the sympathetic nervous system where we fight or flee. You had to give up your individuality to keep safe in your family by conforming to them.

Maybe you are wired for disappointed example you were promised getting a bike and it did not happen. Constant disappointment will later program you to expect disappointment.

Wired for toxic self-shaming due to our environment “how stupid can you be....”. It creates stress and fear because it was not back-up with nurturing.

A child witnessing domestic violence. Being threaten. Growing up in a stressful environment your body get used to be alert.

Fear of failure. Pre-verbal – before we talked. Things set in us in childhood. Babies have emotions and can feel pain. The baby start having energy and pulling on things. Baby pulling your hair or scratching. Parent put the baby down and say no. Appropriate would be to say you are strong. Play with the baby instead.

Trauma in adult years: Abusive relationships, trauma and stressful court cases can put your nervous system in high alert.

Stress: Do you tend to wait until the end of the day or the weekend to relax? It is very bad for your nervous system. What happens is that the “overwhelm stress” builds up in the body. Stress hormones stay “on” for too long and damage your cells. Important body systems like the digestive, immune and heart systems are constantly taxed and in stress mode 24/7. When they never have time to repair and regenerate, it leaves them weak and susceptible to illness. By bringing the stress responses “down” multiple times throughout the day your body and brain have a better chance to recoup and repair. The result = greater health, energy and less illness long term.

1.4 Healing

Believe that you can heal, you have the ability to heal and develop a desire to get unstuck.

Believe you deserve peace and happiness.

Take action to get out of being stuck in surviving mode or the sympathetic nervous system.

Write your life story and look out for things which have put you in to survival mode.

Accept you don't have to be perfect.

Focus on yourself by doing things for you, nurturing self-talk.

Identify "non-going zones" where you will not entertain certain thoughts or way of thinking.

1.5 Affirmations

- I choose to live a happy life.
- I am able to express my emotions in a healthy, positive way.
- I can take control of my life.
- I enjoy the process of learning and becoming all that I want to be.
- I have many options and always make the best decisions I can.
- I have the courage to accept the things I cannot change, to make choices to change the things I can and the wisdom to know the difference.
- I believe I deserve happiness and peace
- I deserve a good life

2. WHAT DO I STAND FOR

2.1 Slogans and Mottos

A slogan is a short and striking or memorable phrase.

Motto is a short sentence or phrase that reflects the beliefs or ideals of an individual, family, or business.

Length. Mottos are generally longer than slogans. Slogans may be shorter than mottos.

2.2 Values

A value can be defined as "an enduring belief upon which a person acts." Values are similar to attitudes and beliefs in that they have cognitive, emotional, and behavioral parts. But researchers suggest that values are more enduring and long-lasting than either beliefs or attitudes (Limthanakom, Lauffer, Mujtaba, & Murphy Jr, 2008).

Two different types of values: instrumental values and terminal values.

- Instrumental values are about desirable ways to act or behave (e.g., honest, responsible, loving).
- Terminal values are about desirable end states (e.g., health, freedom, family security; Gibson, Greenwood, & Murphy Jr, 2009).

List of Values: Cooperation, Self-Discipline, Innovation, Motivation, Perseverance, Justice, Knowledge, Learning, Healthy Relationships, Spirituality,

Stability, Responsibility, Open-Mindedness, Authenticity, Compassion, Fairness, Fun, Generosity, Unity, Growth, Respect ..

3. ROUTINE, RULES AND DISCIPLINE

Routine is a huge part of staying well and on track. By doing things the same, each day will create a habit that will last a lifetime.

4. MY FINANCES

Financial planning is the process of managing your money to achieve your goals and secure your future.

4.1 Financial planning is important because it can help you

- Budget your finances
- Manage your investments
- Plan for retirement
- Achieve your life goals
- Build financial security for yourself and your loved ones
- Stay prepared for emergencies.
- Have better tax planning.
- Development of a Trust

4.2 Things to include in a Budget - Resource BudgetSimple.com - What Should I Include in My Budget?)

4.1. Rent/Mortgage

The first expense in your budget is that of the roof you live under. This is a basic need, and have it settled first.

4.2. Debt

This is a critical budget category and if you have debt, plan to pay for it as quickly as possible. The longer you drag debt payments, the more interest you pay, making it expensive for you. Look at possible debt payment strategies and strive a lot into these payments as it will free up some money that you can save or channel into other categories.

4.3 Transport

The details of this category depend on how you commute to and from work. If you own a car and drive, include the amount spent on petrol/diesel and additional funds for regular fixes such as oil change, new tires, among others.

4.4 Food/groceries

This is a basic need, and it is hard to establish the amount of money required for this category. If you eat out frequently, have this as a sub-category here.

4.5 Savings

Savings will help you take care of crises such as job loss and the aim will be to have at least 6-months of your salary in savings.

4.6 Insurance

If you have multiple insurance policies, it helps to create a category for that. Common covers include medical insurance, auto insurance, and life insurance, among others.

4.7 Education

This category applies to those who plan to pursue further studies or have children who are in school. Education costs are high, and you need to plan for them. A tip to get this right is to set aside some money for your kids' education before they start using it up. This will help you to get ahead of their tuition payments and have uninterrupted school time. Be sure to include associated costs such as school trip fees, school supplies, tutor fees, and extracurricular fees.

4.8 Clothing

This category will depend on how many dependents you have and how old they are. It is a category that can be adjusted easily since people do not buy clothes that often, and you can go for cheaper options.

4.9 Utilities

Utilities are tied to your house expenses, and they represent the costs required to run the place you live in. There is an opportunity to save money here as utility

bills are not always constant. For instance, your water and power bills will not always be the same, depending on the season. However, it helps to list them and indicate the upper limit so that you are not forced to find money elsewhere to pay for them when they are high.

4.10 Entertainment and self-care

Budget for entertainment and self-care.

4.11 Miscellaneous

Miscellaneous is not a vital category, but it acts as a buffer from eating into what other categories have. It also gives you the room to stretch the amounts you allocate depending on the need. Did your car run down, and you need to spend a little more than the allocation to fix it? Do you need a little more on food and home supplies?

4.12 Others

Irregular house maintenance, monthly subscriptions, taxes, gifts, pets

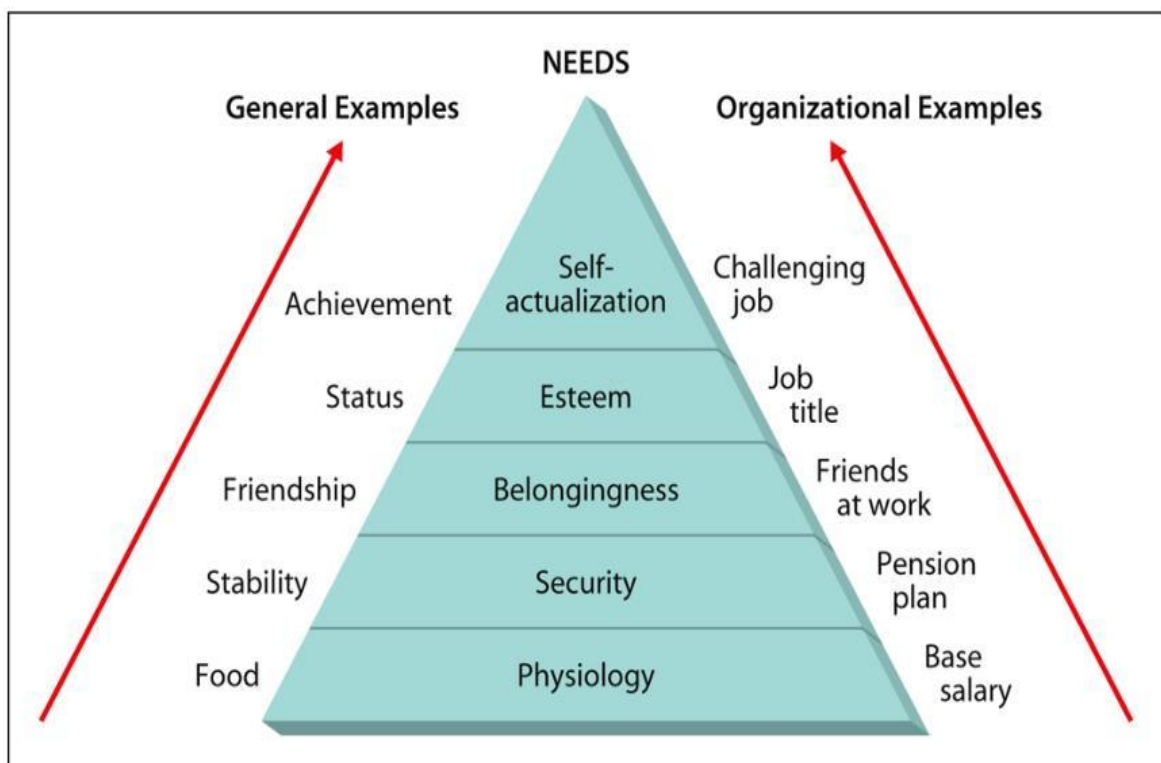
4.13 Quotes

- 4.13.1 “It's not how much money you make, but how much money you keep, how hard it works for you and how many generations you keep it for.
- 4.13.2 “Beware of little expenses; a small leak will sink a great ship
- 4.13.3 “The more your money works for you, the less you have to work for money.”
- 4.13.4 “Every time you borrow money, you're robbing your future self.”
- 4.13.5 “Money, like emotions, is something you must control to keep your life on the right track.”— Natasha Munson,
- 4.13.6 “If money management isn't something you enjoy, consider my perspective. I look at managing my money as if it were a part-time job. The time you spend monitoring your finances will pay off. You can make real money by cutting expenses and earning more interest on savings and investments. I'd challenge you to find a part-time job where you could potentially earn as much money for just an hour or two of your time.”— Laura D. Adams
- 4.13.7 You must gain control over your money or the lack of it will forever control you.

- 4.13.8 Time is a Currency you can Only Spend Once, so be careful How You Spend It."
- 4.13.9 Wealth, like a tree. grows from a seed. The sooner you plant that seed the sooner shall the tree grow."
- 4.13.10 "A budget is telling your money where to go instead of wondering where it went." Dave Ramsey

5. USE A STRATEGY/MODEL

Maslow's Hierarchy of Needs



Source: Adopted from Abraham H. Maslow, "A Theory of Human Motivation," *Psychology Review*, 1943, Vol. 50, pp. 370-396.