



President's Message

Take charge of your own happiness

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Life can be a hard pill to swallow. Daily, most of us deal with regrets, failures and insecurities that consume our thoughts and impact on our actions.

Situations we cannot change engulf us. So often we wish we could take back what we said. We are all familiar with despair, hurt and dread, along with experiences of disloyalty, envy and awful memories.

How is it then that some people seem to cope better than others? In life, we all are carrying the same load. The secret lies in *how* we choose to carry the load.

Some people are seemingly unaffected by their burdens. Experts purport these individuals are good at discerning what can be changed in life, and what cannot. Through their understanding of these differences, these individuals have the ability to move on and are seen to enjoy life as it happens. Typically, these individuals are not agitated by a flight delay or landing up in a pile-up.

Some can even move on effortlessly from one heartbreak to the next. Without worrying about the inevitable, they move on to bigger and better things, before they have time to cry about the past.

So how can one then arrive at being able to quickly and effectively distinguish between things that can be changed and things that must be accepted?

I have found a few life hacks that made me re-assess my take on life and I wish to share them with you.

Accept your imperfections, change your idea of beauty

Even the best plastic surgeon will not be able to fix your long arms or big feet. So, if we cannot change how we look, we should change how we feel about it. Imperfections only remain imperfections as long as we regard them as such. It is really up to you to accept yourself, warts and all. Beauty is a subjective view. See your imperfections as defining qualities and not flaws. Rather focus on changing your health, than changing your body.

Accept your family, change your friends

We all know one cannot choose one's family, but one can choose one's friends. Choose your friends carefully, so that they become like family. Even if you only want to get away from your family, choose your friends wisely. They can and will act like a surrogate family.

Accept your losses, change your earnings

Whether we have lost a lover or a priceless piece of jewelry, letting go can be hard. However, do not allow the memory of things lost to linger and become part of your life. What you can do is make up for your losses. Find someone new to love, a better piece of jewelry, or go for hypnotherapy to forget!

Accept your situation, change your outlook

Whatever is happening with you now is not something anyone can change. You can however, change the way you respond to it. Life unfortunately is too short not to make the best of circumstances. Do not waste energy fretting over that which you cannot affect. Change your outlook so you don't waste moments that could have been great ones.

Accept your fate, change your journey

Ever heard of "Que sera sera?" What will be, will be. A simple saying, but not quite a simple concept. Sometimes life happens without explanation. A different path means a different set of circumstances and a different destination. If you want to, you can change what is happening to you. Change your path.

Accept where you are now, change where you are going

You may not like where you are right now. It does not mean that you do not have the power to change where you are going. If you are not content with your current situation, do not allow it to dictate your future. Take charge of your future. Do not allow your surroundings to stop you to get somewhere else.

Accept the choices you have made, change your next ones

Accept your regrets as moments passed that have nothing to do with you now and stop bringing them into your life. You cannot change your past mistakes, but you can change how you make up for them.

Accept those who hurt you, change who you surround yourself with

We cannot avoid getting hurt by others. However, allowing yourself to be hurt by the same person over and over again, makes you a masochist. Do not surround yourself with people that will keep on hurting you.

Accept the things you cannot change, change the things you cannot accept

We cannot change the weather or the country's economy. We can however, do something about it. If you do not like the cold, move to Limpopo or KwaZulu-Natal. If you feel you are getting poorer and poorer, start your own company to unlock big earnings.

If you absolutely can't accept something, then you must make bold moves to change it. The more you change the things you refuse to accept, the greater and happier person you will become!