



Chicken or beef?

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In life, one is always faced with decisions. When you decide to go and have dinner with your family, you are provided with a wide variety of choices. First you have to decide where you will be going to have dinner, will it be going to a restaurant or having dinner at home? Then the decision becomes even more complex, you have to decide what will be on the menu? As with all decisions, you will have to take responsibility for your choice. You might be faced with a three-way split. Either you are happy with the decision you made, or you might have some regrets but also a sense of satisfaction, or you might totally regret your decision. In the end, regardless of how you feel about your decision, you will have to face the consequences with your choice.

The same applies to everyday life. According to a study done by Sahakian and Labuzetta, in 2013, we make up to 35 000 choices per day. But with every decision, there comes the responsibility of accepting the consequences of your choice. That's why it is essential to evaluate the situation and then consider what the possible outcomes of your decision may be, and whether you are willing to face the music if the decision made has a negative effect. A practical example of this would be: you start to plan your budget for next month. Then you see something you want, but instead of asking "Do I really need this?", you

decide to go ahead and buy the item. The consequences of this decision may be that the item is something you don't actually need and was at a price that you couldn't actually afford, and now it leaves a big hole in your budget because the money spent was already allocated for something else, which you will now be unable to buy.

Be mindful of the choices you make – even something that may have been left unsaid can make a vast difference in someone's life. Having the ability to make a choice is a great power and in the words of the late comic writer, Mr Stan Lee, with great power comes great responsibility. We all have to face the repercussions of our actions and take full responsibility. In the next issue we will be having a look at who's the chicken and who's the beef.

To all our members, we as SAAHIP would like to wish all our members a joyous festive period and a blessed new year. When travelling, we pray for your safe travels and may you return from your holiday refreshed and ready for the new year!



Shawn Zeelie