

# CAREER HEALTH

## Dealing with Criticism and Difference in Opinion

By Robert Elias Najemy

### Why this is important

We often become emotionally disturbed during a disagreement, or an argument, or when someone criticizes us or disagrees with us. In such cases our personality usually feels hurt, demeaned and in danger.

When we feel this way, we destroy our own happiness, clarity and health and often behave in ways which we later regret.

### A simple technique for gaining clarity is:

1. Remember that concerning criticism, there are two possibilities:

a. The other person might be correct in his or her observations and criticism. In this case we would benefit by admitting it and making the proper adjustment in our behavior. We have everything to gain by listening and evolving through other's comments. What prevents us is the belief that we are not lovable if we are not perfect. Thus, we do not want to see or admit our faults. When we realize that we are worthy of love and respect even when we are not perfect or right, then we will be able to look at our faults.

b. The other person might be wrong. In this case, it is his or her projection, and we need not be affected by these misconceptions or projections. We have in this case the lesson of loving ourselves and also the others even when they perceive us in distorted and negative ways.

2. One solution would be simply not to react one way or the other at first, but to reflect upon what has been said for some time so as to evaluate whether or not it is true.

We can establish a space in our minds where we can store such questions about our personality structure or actions so as to observe objectively for ourselves if they are true. If they are not, then we simply continue on in the way we were.

We need not feel hurt, angry, defensive, incompetent, or attacked. When we feel inner security and self-worth, we do not need to react in these ways.

3. We can simply thank the other person for this feedback and tell him or her that we will think about this observation and will gradually come to our own conclusions, and if necessary, make changes.

We do not need to live our lives in accordance with another's perceptions. We can listen to all, but follow our own.

### Note:

A "thank you" is enough.

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## How to Manage the Pre-Diet Diet

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ing a third (plus a little) for vegetables and whatever is left for chicken or fish.

Don't be a sweetie! It is hard to cut down on sweet things; we all know that they are loaded to the hilt with calories so you will have to make an effort. In fact, reducing sugar intake is a good thing to do whether you are on a diet or not, but if you are one of those people who simply cannot resist something sweet and if you know that this is your downfall then you will have to be drastic.

Giving up sugar is easy, simply choose a day next week and on that day stop eating anything that contains sugar and make it a decision for life. I know it sounds hard but if you are serious you can do it and your body will thank you for it for the rest of your life.

Change the main course: this is the main recommendation; change your main course for something that is healthy. Of course, this is easy to say but I know it is a lot harder to do so, make the change a gradual process.

To drive the point home, stop a minute and think, or jot on a piece of paper, what you normally eat in a week or what you ate last week.

Your goal is to change your diet so that you reduce the processed meals to a minimum and put in their place either fish or chicken or a vegetable option. Both fish and chicken (without the skin) make delicious meals and both will run rings around normal processed food for health.

Your ultimate goal is to be ready to eat the food that your diet recommends so try using one or two of the suggested meals in place of your normal meal. If you have not yet chosen, have a look at a few diet books or articles and get some idea of main courses and begin with these.

Once you have put these tips in place for a month you will be ready to start your diet. The change to diet food will not be so great. Not only will you be on more familiar ground but your chances of making a success of the diet will be all the greater.

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"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

-Michelangelo

# VALUES - BASED QUALITY OF LIFE™ Newsletter

Because Making Smart Choices About Your Money Impacts The Quality of Your Life

Over the years, we have found that there are elements of your life that are more important than money.

These elements - Physical Health, Relationship Health, Inner Health and Career Health - cannot be delegated.

We hope that you find these articles to be of value in improving the quality of your life.

## PHYSICAL HEALTH

### How to Manage the Important Pre-Diet Diet

By Mike Taperell

Suddenly, starting a diet can be a substantial shock to the system and considerably reduce your chances of success. Get it right the first time by creating a Pre-Diet diet to get used to healthy eating and diet ideas then, when the day comes to start, you will sail smoothly into your diet and never look back.

Dieting can be a considerable shock to the system, especially if this is a first time, and that is why many people never get past the first week. To help prepare you and your body here are five quick and easy tips to get you ready to take on a diet.

Try these tips for a month and at the end of the month get ready to start your diet. The tips will suit most diets but are not suitable for a low carb 'Atkins' or 'South Beach' type diet.

Breakfast: this is the most important tip; eat something for breakfast; it is better if the breakfast is a good one. Most diets insist on a proper breakfast and so it is a habit you will need to get into.

If you already have a breakfast then check the diet, make any changes and just carry on. If you have not chosen your diet yet, just have a bowl of cereal and a glass of juice or, if you want something more substantial, try grilled bacon and reduced-sugar baked beans on whole meal toast.

Five-a-day: you know the recommendation; we should

all eat five portions of fruit and vegetables a day but five portions is a minimum. If you don't eat this much already (or if you don't know how much you eat) this can sound like a lot but try; get up to speed with this as soon as you can, then try to increase this to seven or more portions.

To help you, you can take advantage of the tremendous snackability of most fruit. It is tasty, fun and quick to prepare, so keep some fruit ready to eat in the fridge so that this is the first thing you see when you open the door.

Most diets (but not Atkins style low-carb diets) recommend large amounts of fruit and vegetables and it is sometimes hard to suddenly subject your body to this so increasing fruit and vegetables will help prepare your body for most diets.

The 'whole of the grain': you have heard it all before; throw out the white and only eat brown! Eat plenty of whole-meal rice, whole-meal pasta, whole-meal bread and brown potatoes cooked in the skin.

Don't worry, by the way, if you have heard that whole-grains are fattening. What is fattening is eating too many calories, whole-meal food in a diet is highly nutritious and an important staple.

If you are not sure how much to serve, try covering a third of the plate with pasta or rice or potatoes and leav-

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# RELATIONSHIP HEALTH

## 7 Great Tips to Better Manage Relationships at Work

By Mark Polman

You have a ton of experience with relationships don't you. Think about it for a moment. We start learning relationships about the time we recognize a smile means happy and a harsh voice means mad. As we grow we develop a myriad of relationships and as an adult we have made some pretty hard and fast rules about "types" of people and how we will interact with them. But the types of relationships at work are a tad more difficult to manage because you can't rely on your rules alone and succeed. You have to interact with superiors, peers, subordinates, vendors and clients and each have their own set of "rules" that you are going to have to deal with. Check out these tips:

### 1. Know yourself

For most of our lives we simply react to emotion we don't spend any time analyzing why we feel the way we do. If we are mad, frustrated, happy, sad or indifferent we simply react to it the way we learned how. Take some time to do some self analysis and understand why you feel the way you do. What makes you feel frustrated, what buttons do people push to get you upset and why, what really drives your sense of pride. Understanding these underlying causes will help you identify them in others and give you a leg up in the relationship.

### 2. You can't be in control

How many times have you been in a position where you told yourself, "If they'd just see it my way everything would be fine." The problem of course is that you can't force them to "see it your way." You can't control the relationships you encounter at work. The only person you can change is

yourself. Don't waste energy, or burn what ever relationship capital that you have, trying to change people to your point of view.

### 3. You can be in charge

Being in charge is different than being in control. Being in charge means you accept the situation for what it is and you understand the reality even if it's not what you want. Once you understand the issues you can work on a solution that you can work with or work around or otherwise

***"Every issue, belief, attitude or assumption is precisely the issue that stands between you and your relationship to another human being; and between you and yourself."***

- Anonymous

mitigate the conflict. You know you are in charge when you are confident that you have several things you can try to work through an issue without having to "control" the other parties.

### 4. Understand the other person

Old adages like "know your enemy" and "walk a mile in his moccasins" are pertinent to effective management of workplace relationships. Understand who you are talking to. Is there a hidden agenda, is it a person accustomed to always getting their way or is it someone who always expects disappointments. Knowing where they are coming from allows you to better set expectations and relations.

### 5. Change your attitude

Our culture is big on self criticism. We truly are a nation of "the glass is half empty"

believers. If you carry that attitude as a manager you can expect that those you interact with will also adopt that approach. Finding the positive, even if it's nothing more than a willingness to recognize and work out a negative situation, develops a different and more productive attitude in those that you work with. Having a positive attitude backed up with a sincere interest in the concerns of others will distinguish you as a leader.

### 6. Be a problem solver

When there is a relationship problem, start working on a solution right away. Don't procrastinate as the issue will only become larger and more complex. Not only is this a solid management principal, it also lends you credibility as a manager who is concerned and willing to work to resolve issues.

### 7. Give more than expected

This doesn't mean you work harder it simply means you take the time to communicate to others you understand them. Recognizing achievement in others, soliciting ideas and providing support all are behaviors that are, unfortunately, not all that common in the workplace. This behavior changes the dynamics of the typical relationship and builds respect and loyalty.

It all starts with you adopting a philosophy that says the way to succeed is to serve. Understanding others and dealing with their emotions and prejudices honestly is the quickest way to build a team and establish a new culture of trust and respect. You're not forcing change; you're providing a basis for them to change on their own accord.

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# INNER HEALTH

## Beware of Tail Enders

By Harold Lowe

You have decided to make some positive changes in your life to master your mind power with the intention of producing more outcomes that are in alignment with what you desire. You have identified things, conditions, circumstances, and people you no longer want in your life.

You have also identified what things, conditions, circumstances, and people you desire to have in your life, as they are the exact opposite of what you DO NOT WANT. In addition, you have agreed that affirmations are a very powerful (FREE) tool available to you to instill new thoughts, images and beliefs in your mind so you have decided to begin a regimen using them.

Your DO WANT list is probably fairly long. I would strongly urge you to prioritize it and choose the top three items from your newly prioritized list with which to begin. Most credible teachers and authors recommend repeating your affirmations at least three times a day, upon arising, at midday and just before retiring. I concur and I would strongly suggest your repeating them more often if possible.

The question of how many repetitions should be in each set and how does one keep count of them often arises. I have yet to find anyone who offers a definitive, magical number of repetitions. You must choose that number for yourself. You are working with your own mind and it might take a little while to come up with a comfortable number. I personally chose to do 25 repetitions per set.

To keep count, I constructed a rosary-like, bead bracelet. I went to the notion section of a discount store, picked up some inexpensive beads, and a roll of stretch string. I put 25 beads on a section of string, tied a stop-knot at the end of it so as to leave about an inch of slide-space.

I would begin on either side of the slide-space and slide one bead forward as I completed an affirmation. The knot in the string indicated when I reached the 25th bead so I did not have focus on keeping count. The bracelet turned out to be a perfect fit for my wrist so I wore

***"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."***

-Charles Swindoll

it 24 hours a day, seven days a week.

I can promise you that early on in your affirmation regimen, tail enders will make their appearance. A tail ender, is a term coined by Gary Craig, the founder of EFT (Emotional Freedom Technique). It is the negative counter (or a reversal) to your affirmation, and it is one of the most effective tools used by your self image in its attempt to keep you in your DO NOT WANT world and to keep itself in control of your life.

If a tail ender is not addressed immediately, it gradually re-establishes itself as your TRUE affirmation. Thus you are

stopped dead in your tracks on your new, life-changing journey. Like a powerful magnet, it will pull you back into the waiting arms of the old self image and your old consistent thoughts.

It is my belief, evidenced by my past experiences, that the lack of knowledge about tail enders and the absence of effective strategies and tools to counter them push most people off their positive, life-changing course and back into their DO NOT WANT world comfort zone soon after even the most promising beginnings.

This I know for sure. You can claim or reclaim control of your own mind power. You are the most miraculous of all living beings on earth. You are the owner of a mind that is so stupendous, that as you truly begin mastering your mind power and consciously using it, there is no dream that you can dream that you cannot achieve.

© Harold Lowe All Rights Reserved. Harold L Lowe retired at age 62 when his six-figure income position was eliminated. He now wishes to share some of what he has learned since then and some of his experiences as well through articles.