

7 THINGS SUCCESSFUL ENTREPRENEURS DO TO MAKE THEMSELVES INSANELY PRODUCTIVE

We tend to look at world-famous entrepreneurs like Bill Gates and Jeff Bezos and just assume they have something that we don't that has made them as successful as they are. While that might be true, it's not because they were born with that special something; they have cultivated it within themselves through the way in which they live. Successful businessmen approach each and every moment of their time on Earth much differently than most people do. In doing so, they set themselves apart from the common man in many ways.

They eat well

How many of you grab a banana or granola bar while running out your front door on your way to work? Successful entrepreneurs don't do this; they wake up early enough each and every day so they can start their day off on the right foot with a healthy breakfast. Eating a breakfast full of fruits, grains, and proteins can benefit your body and lifestyle in many ways, and busy businessmen know this. By eating well first thing in the morning, they fuel their bodies in preparation for the hectic day to come.

They plan

Successful entrepreneurs know exactly what they're going to be doing each and every day of their lives. They take time the night before to plan out the following day; some plan right down to the very minute. Many entrepreneurs plan too much to accomplish in one day. However, they do so as a contingency plan in case they happen to finish a project early, or a meeting gets canceled. That way, they always have some other activity to fall back on if they suddenly have a free block of time. They also schedule breaks throughout their day in order to recharge before hitting the ground running once more.

They set a purpose

Since they have a plan for every day, successful entrepreneurs know exactly what they intend to accomplish at any given time throughout their day. They stay focused on their goals, and keep the end in mind while working on specific projects. They also set aside distractions, such as emails and text messages, until they complete their current task. As previously mentioned, they'll have scheduled time to check these nuisances, but they never let a buzzing cell phone distract them from attaining their goals.

They visualize

Entrepreneurs visualize themselves succeeding at every turn. Doing so is one part optimism, one part motivation, and one part realism: They approach each challenge optimistically, believing they can accomplish whatever task is set before them; they motivate themselves to be able to accomplish the task; and they know it can be done. As mentioned before, they list their goals on paper, and sometimes sketch a picture of what their success will look like. In this way, they make their abstract ideas come to life in a tangible and reachable fashion.

They say “No”

While you might think that a budding entrepreneur would be open to each and every idea that they're approached with, this would completely overwhelm them. Instead, they must be incredibly selective with the ideas they choose to pursue. Because of this, they have to learn to say “no” to many of their own ideas, as well as most of the ideas others come to them with. Not even Warren Buffett can create a fortune by investing in a terrible idea. Instead, the successful entrepreneur knows when to decline an opportunity that he knows will end up going nowhere in the long run.

They value their time

Going along with the last point, successful entrepreneurs don't waste their precious time on anything that could stop them from achieving their goals. They usually find shortcuts or come up with creative ways to reduce the time spent on daily routines. For example, one of their common struggles is dealing with the trivial yet complex technical problems of their mobile devices that they rely on to handle daily tasks. They can simplify the processes in managing their devices. With higher productivity, they can devote more time and energy on growing their businesses.

They listen and learn

From the budding entrepreneur to the richest businessmen in the world, they all stay successful by being life-long learners. They actively seek out help and guidance from mentors and peers, and continue to keep an open mind when it comes to how they approach their business. And they never stop reading, keeping new trends constantly in mind. As the world around them continues to grow, they know the only way they can keep up is by growing, themselves.

SDS

The TOPIC for February

WORRYING IS A WASTE OF YOUR INTELLIGENCE – BOOST HAPPINESS

Date

3rd February, 2016

VENUE (MALAYSIA)
Banker's Club Kuala Lumpur
(Amoda Building)
Jalan Imbi
(opposite Berjaya Times Square)

Time

6pm - 8pm



Timely Inspiration

“Self Management with Dr. Venga”

What you need to remember is that you should only plan for about 60% of your day – leave 20% for unplanned activities and 20% for operational work. If you feel that you have too many activities on your plate, then you should learn to delegate more. If you feel that your staffs are incapable of handling the task, remember you could merely be testing the water around the edges of the task instead of plunging in. thus, leading us to procrastinate and delay the activity till you realize that you are stuck with it at the very last minute. You should also minimize your time commitments. Do not take on more work than you can comfortably handle. Limit your activities to those that fit in with the goals and daily agenda established during your individual time planning sessions.



HEALTH

5 Easy Ways To Stay Healthy And Fit

Getting into the habit of eating well and working out consistently is hard enough. Staying healthy and fit is even harder. Until you get into a good rhythm and form healthy habits, it can be challenging to figure out how to stay at your physical best without obsessing over it.

Here are five easy habits you can start forming today to help you stay healthy and fit for the long-term.

1. Buy fewer processed foods at the grocery store

All the foods we eat are processed in some way, but foods that undergo chemical processing, which means they are made from ingredients that aren't real, thus making them high in sugar and low in the nutrients we actually need to fuel our bodies and keep us healthy, should be avoided.

As a general rule, try to limit the number of prepackaged, nonperishable food items you have in your grocery cart at checkout, foods such as chips, granola bars and frozen meals. Purchasing perishable items, such as yogurt, bread and fresh produce, is a sign that what you're buying more closely resembles foods your body can easily digest and use for fuel.

2. Make exercise part of your everyday life

Just because you don't live at the gym or own your own fitness gear doesn't mean you can't stay fit. Sometimes it's the small actions we add into our daily lives amidst other activities that make all the difference.

Find creative ways to stay active no matter how busy your schedule is. There might be days that you really don't have time to head to the gym, even when you want to. You can do squats and stretch while you're on the phone. Invest in a standing desk or put together a makeshift version if you sit a lot during the day. Walk instead of drive, if it's practical. Ask a client or co-worker if he or she would rather talk and walk instead of sitting down for coffee.

3. Eat more than three times a day

We're used to eating three large meals a day because that's what our ancestors did when they first came to the New World. You probably base when you eat off of your school or work schedule: a decent breakfast in the morning, a light lunch in the middle of the day and a hearty dinner after a long, nine-to-five workday. When you do get hungry in-between, you'll usually either grab a vending machine snack or wait until your next meal, which can lead to unintentional overeating.

Eating smaller meals more often—yes, that means snacking—can help you be more mindful of how much you’re eating, and when. The best way to manage eating smaller meals more frequently is to learn to eat when you’re hungry, stop eating when you’re full and refrain from eating out of boredom or stress. You can pack healthy snacks for yourself during the day, which we’ll talk more about next.

4. Prepare snacks in advance

Sometimes we end up eating too much junk food just because it’s easy to grab and munch. When you’re crunched for time or trying to multi-task, putting in the effort to slice an apple and find the almond butter in the back of the refrigerator isn’t going to make the top spot on your priority list. You’ll reach for the bag of potato chips instead—no preparation required.

These don’t have to be complicated snacks. It can be something as simple as sticking a bag of popcorn in the microwave and pouring it into a plastic bag or making your own kale chips the night before to carry with you. If you buy fresh fruits and vegetables at the grocery store, cut them up and store them in the fridge right away for easy access the next time you’re home and hungry for a snack.

5. Write down a detailed description of what being healthy means for you personally

The biggest mistake we make when we decide to start living healthier is using someone else’s parameters to shape our new lifestyle. One person’s fitness routine and dietary habits are not a standard you are required to follow. The key to staying healthy and fit is figuring out your own definition of health, and deciding how you’re going to stick to it.

You might define being healthy as getting six to eight hours of sleep every night, working out for 30 minutes three times a week and eating all five food groups every day. If that’s what you can manage what’s going to work with your schedule, there is no right or wrong. Write down how you plan to modify your lifestyle and let that description shape your actions.

Conclusion

The path to healthy living doesn’t involve sudden, drastic changes. Adopting a healthier lifestyle involves looking at where you’re at, picturing where you want to be and figuring out how you can incorporate gradual, subtle modifications to your normal routine.

By taking it one short, simple step at a time, you’ll be on your way to a happier, healthier, more fulfilling life in no time.

Getting into the habit of eating well and working out consistently is hard enough. Staying healthy and fit is even harder. Until you get into a good rhythm and form healthy habits, it can be challenging to figure out how to stay at your physical best without obsessing over it.

reflections

Failure will never overtake me if my determination to succeed is strong enough.



The best time
to plant a tree
was 20 years
ago. The
second best
time is now.

– Chinese Proverb

6 SIMPLE WAYS TO PREVENT HEADACHES

Here are 6 simple things you can do that will start balancing your body and aid in preventing headaches:

1. WATCH YOUR DIET: *Major headache triggers include chemicals in food and beverages and even toxins in the body and air, as well as the stress you harbor and the sleep you miss. In order to reestablish cellular balance, one must remove the toxins and stressors that tax the body, or learn to deal with them in new ways. For most people, this means a major lifestyle change.*

Start by looking at your diet. Eat more fresh and fewer processed foods. Also, try eliminating suspected food triggers one by one from your diet for two to three weeks, and monitor what happens with your headaches. Common culprits include cheeses such as Brie, feta and Gorgonzola, pickles, chocolate, dairy products (goat as well as cow), alcohol (beware the notorious red wine headache), processed meats (bologna, pepperoni, salami, hot dogs, etc.), raw onions, peanuts, raisins and products that contain MSG.

2. STAY HYDRATED WITH PLENTY OF WATER: *When we become dehydrated, the digestive system, lungs, liver and kidneys can no longer do their jobs as effectively, and this can lead to headache.*

Drink plenty of water every day to help your body clear hazardous chemical residues and toxic build-up. Water cleanses the colon, flushes the liver and kidneys and empties the bowels. I recommend two quarts of bottled or filtered water daily. Please note: caffeinated coffees and teas, carbonated sodas and sugar-filled fruit drinks don't count toward that total!

3. BREAK STRESS PATTERNS: *Stress, in its many forms, is a leading cause of headaches. So, to control headaches, you must break the pattern of stress. Fortunately, there are many ways to go about doing this.*

To reduce tension and tightness in the shoulders, neck and back, which can lead to headache, see a massage therapist or do daily gentle stretches. A chiropractor can work with misalignments that can occur as a result of constantly tensed muscles. I also recommend meditation and deep breathing to quiet the mind and relax the body's nervous systems. Many benefit from tai chi, yoga, qigong or other gentle exercises that stretch the body and soothe the soul.

Taking a multiple B vitamin, at least twice daily, also helps fight the stress reflex. For many, a magnesium supplement may be useful as well.

4. OXYGENATE BY TAKING DEEP BREATHS: *In addition to stress relief, deep breathing ensures a continuous flow of fresh oxygen into the body. Many people breathe shallowly, which means they don't take in enough oxygen. To get more oxygen into your system, I recommend progressive relaxation. Lie down comfortably with your arms at your sides, and inhale as you tense your toes. Hold for a moment, and then exhale as you consciously relax them. Gradually and slowly continue up the rest of the body, mindfully tensing and relaxing the feet, calves, thighs, etc. as you inhale and exhale.*

5. GET SUFFICIENT SLEEP: *Everyone knows we get cranky and headachy when we don't get enough sleep. To prevent headaches, it's essential to establish deep and constant sleep patterns.*

Avoid caffeine six hours before bed, as well as overly stimulating activities such as intense exercise. Stop working at the computer at least an hour or so before bed. Instead, establish a regular, soothing routine, such as a warm bath and a good book before retiring.

6. ENGAGE IN REGULAR EXERCISE: *Exercise reduces stress, releases endorphins and dopamine, improves blood flow, works through muscle tension and keeps the body firm and supple. Engaging in simple, regular activity such as brisk walks and simple stretches will go a long way toward preventing headaches, as well as improving health overall.*

Exercise at the same time every day, buddy up with a friend or group for accountability and support, and consider a trainer (if only for a few sessions) to help you establish a safe, personalized program. Even very easy, do-it-yourself stretches are beneficial for headache prevention. For example, try the chin-to-chest. To stretch and release tension in the shoulders and upper back, use your hands to gently push the back of the head forward to the chest. Repeat several times daily.

With the above lifestyle changes, you can reduce the frequency and severity of your headaches. The time to make the change is now. I wish you the best in this life-changing endeavor.

