

The Arete e-Zine

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FROM THE EDITOR

Well, here we are again– June already! Not exactly **'Flaming June'** although **British Summertime** does begin on the 21st!

Where have the last six months gone? – I suspect that many of you have had your lives turned upside down by the pandemic on many levels!

All we can do is despite all the upheaval and chaos, is try to remain as calm and positive as we can!

This Month's issue contains **8 Self-Development** articles which I hope you will find informative! Please do let me know what you think!

Here are **7 Tips on Self-Care Practices** which you can use when things are really testing your resilience.

- **Meditate or do Yoga**
- **Take a hot bath to relax**
- **Journaling - Writing out your feelings is a great outlet.**
- **Go on a hike or get some fresh air.**
- **Spirituality Practices**
- **Listen to calming music**
- **Cut down on screen time & negative news stories.**

In the meantime, I wish you every Success & Happiness on life's endeavours! – Until Next Time/…. *Jonathan.*



JOURNALING EXERCISES TO INSPIRE SELF-GROWTH

Journaling is a fun activity that isn't just used as a planner or to record your daily life to look back on.

It is a useful tool to discover yourself and inspire you to grow and become a better person. To develop and become the type of person you want to be and live a full life, use these journaling prompts, questions, and exercises to inspire personal growth.

Answer the Following Questions

- Do i need more of something in my life?
- What would make me happy or happier right now?
- What am i most grateful for? List three things and why.
- What is bothering me and why?
- What are my strengths and what are the things i wish i could do better?
- If time and money were no limit, what would i be doing?

> **Journaling is your completely unaltered voice.**
>
> Lucy Dacus

Make sure you pick the same questions each day that make you think and look within yourself.

If you answer "yes" or "no" to the questions without looking more in-depth, you won't do yourself any favors.

Create A Daily List of Goals

Develop short term goals that you can accomplish each day that get you closer to your ultimate goals. This is a great strategy to keep you on track each day and be more mindful of everyday actions.

Taking a moment to evaluate your goals each morning ensures you are on the right path for yourself and what you want out of life.

Bullet Journal Before Bed

Without thinking about it too much, quickly jot down what made you the happiest today. This is important as it quickly highlights the things that are most important to you. Over time you will likely see a pattern.

Reflect and Analyze

At the end of your day, read each response you wrote. It is better to do this at the end of the day after you answered all the questions so you can genuinely reflect on yourself. This way, you don't answer the questions in the same way or become swayed to respond differently because you read your responses from the night before.

For journaling to work, you need to take a moment to reflect on your answers. How do they make you feel? Write down these emotions and then create a plan to make yourself better or note that you are doing well on certain days.

As you can see, journaling can unlock the right path for you to reach all your dreams finally.







5 WAYS TO INSPIRE INNOVATIVE THINKING

Innovative thinking is a form of creativity that helps you discover new ways to solve everyday problems. It is an important skill you can master to improve your life and achieve your goals. Below are five ways to inspire your innovative thinking.

Analyze Industry Trends

Most great ideas steam from other great ideas. Always stay current within your industry and evaluate each new idea and trend people are following. There is likely something about it that got people interested that can easily translate into a new idea or concept. The more you work in your industry, the more ideas you can develop and the more information you will obtain to fully understand your audience or problem.

Experience New Things Daily

Try something new each day entirely outside of your niche or industry. The more you expand your mind and experiences, the more knowledge you will gain. It is allowing you to see life and things from a different perspective. If each day is the same, it is unlikely to boost your creativity as your knowledge and experiences are limited.

Work Alone First

Group-thinking can be beneficial as long as you do it the right way. Therefore, please come up with your own ideas before you consider working with a group. It can easily hinder your own creativity. Before you ask for advice from others, give yourself time to think for yourself and do your research.

Give Yourself A Break

Forcing innovation will not produce anything worthwhile, and many find their "Ah-ha" moments while relaxing. Walk away from it for more than a day. Get as much sleep as possible, try a few new activities, and then re-visit the problem.

Develop Strict Guidelines

Create rules that you must follow to develop a new idea, concept, or thing. It is easier to build something new when given specific rules and constraints to observe and guide you along. For example, think about a top beauty product company creating the next trending hair product.

When they work with their team, they establish their audience and what problem they would like to solve - then get to work developing the new product.

Without these constraints, they would likely keep throwing out products instead, ultimately wasting their time, hard work, and revenue. In the end, change is inevitable, and certain change is another reason innovative thinking is so critical.

Break away from the norm when you can, and don't be afraid to take some risks.

> **Innovation is taking two things that exist and putting them together in a new way.**
>
> Tom Freston





7 WAYS TO BECOME MORE POSITIVE IN LIFE AND WORK

Striving to be as positive as possible in all aspects of life can help you achieve your goals. It prevents you from dwelling and getting lost in what a horrible life-altering habit pessimism can become.

Get Proper Sleep, Eat the Right Diet, and Exercise Daily

This might sound like a broken record to most people, but it is one of the most important things to get right. If you don't get the right amount of sleep and exercise or fuel your body correctly, functioning at your best will not happen. Improper diet and sleep can increase stress and anxiety, leaving your body in an unhealthy emotional state that most can't control properly.

Wake Up with Gratitude

Start your mornings with things you are grateful for. List them in your journal, tell them to yourself aloud or let others know by sending them a small message. Starting your day off with positivity is a sure-fire way to continue it through your day.

> **One small positive thought can change your whole day.**
>
> Zig Ziglar

Find the Positivity First

You won't predict everything that will come at you, but you can predict how you handle it or react to it. Instead of responding negatively, find the positive from it first. If someone is yelling at you while driving, assume they had a bad day at work, and it isn't about you, for example.

Be More Proactive and Less Reactive

Please don't wait around for things to happen – make them happen instead. The more proactive you are, the more control you have over your life.

Be the Example

Start your day positively and only share positivity with others. Be the example you want others to do for you. Remember, attitudes are contagious, so why not pass on a smile instead? Simple acts of kindness or even a smile can make all the difference in someone's world and yours.

Adopt A Pet

While you don't want to get a pet if you're unable to care for it correctly, the truth is, pets can reduce stress and eliminate negative thoughts naturally. They can bring you a sense of purpose beyond work and your own needs. When you need to take Spot for a walk, it will break up your day and let you rest your mind.

Practice Mindfulness and Stay in The Present

While planning your future is essential to ensure you stay on track, it should not consume your life. Be more mindful of your current actions and choices and stop dwelling on mistakes from your past. The more you live in the moment, the less negativity you will create.

Being more positive doesn't mean you won't ever experience a bad moment. Bad moments can be just as important, sometimes more important than good moments. Bad and good moments help you discover your deepest passions; however, positivity can give you the desire to keep going when it gets complicated.









HABITS OF HIGHLY PERSISTENT PEOPLE

By far, one of the most important traits to possess, when it comes to success, is persistence. It is the ability to keep moving forward no matter the obstacles to achieving your desires. Use the following everyday habits that highly persistent people share.

> **It's not that I'm so smart, it's just that I stay with problems longer.**
>
> Albert Einstein

Have A Burning Desire to Succeed

Highly persistent people know what they want, and they will do anything that fits their principles, morals, and values to get there.

Their desire for success motivates them and they are determined to continue making progress and achieving their goals. This persistence is often the strong, driving force behind their successes.

Don’t Make Excuses

Persistent people find a way around any obstacle and refrain from making excuses because they know they meet their goals if they stick to them. They fully believe excuses prevent you from doing the things you want and need to be successful.

Maintain Daily Routines to Maximize Success

To have a burning desire to succeed means you live life in the most efficient way possible to save time, resources, and, most importantly - yourself. Success isn't just about the monetary reward; it is about your happiness too. To maximize their day, they set specific routines and make sure they stick to them. If their body requires eight hours of sleep each night to perform their best, you can bet that they will almost always get to bed on time.

Continually Develop and Practice Skillsets

Persistent people always make time to practice and perfect their skills. It is essential to their success. They have fun doing it because they know how important it is to them. They often see this as a challenge and enjoy pushing their personal limits.

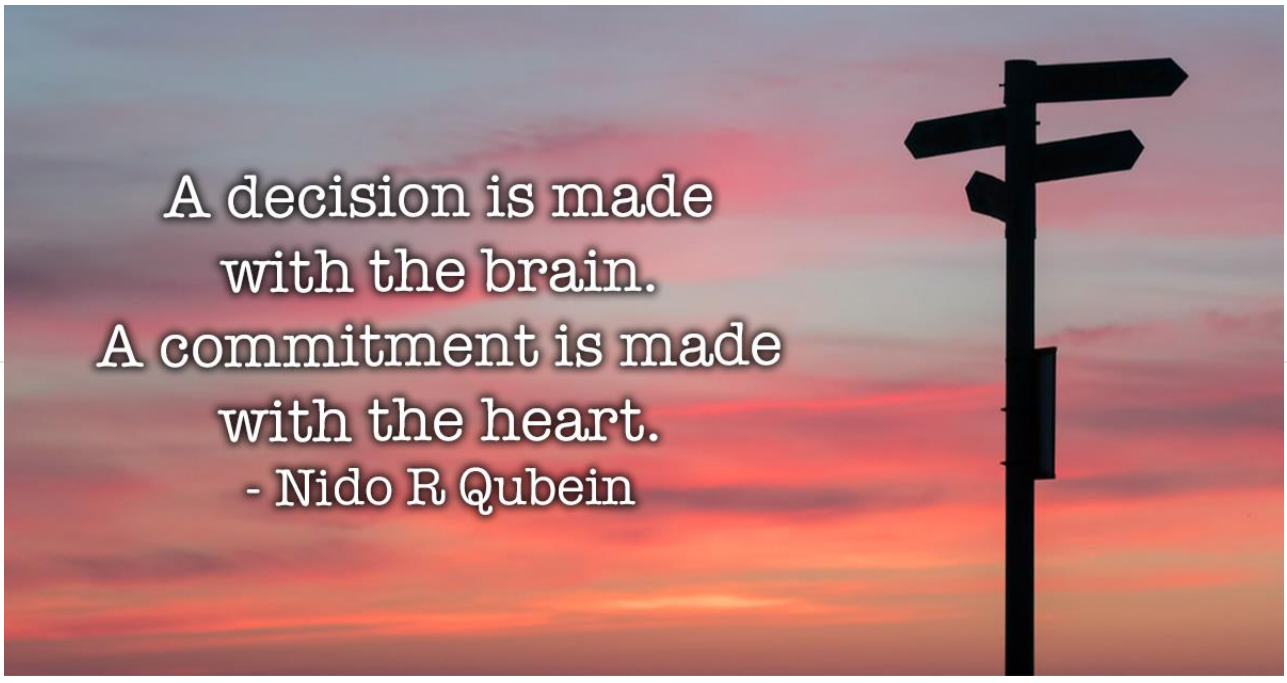
Have Clear Goals and Visions of The Future

Persistent people don't waste time wondering what they want out of life. They already know it. They made the plan, and they will stick to it and fight for what they want.

Exhibit High Level of Confidence and Self-Aware

Persistent people believe in their ability to perform and know they have what it takes to be successful. They don't compare their abilities, capabilities, looks, or projects to others because they know no one can be like them. They are a force to be wrecked with, and if you get in their way, they will show you just how powerful their persistence can be.

Overall persistent people have found that burning desire to be the best version of themselves and conquer every one of theirs dreams and desires. They do what it takes each day, no matter how uncomfortable, boring, tedious, and unrewarding, as each day brings something new and different.





HOW TO TURN DEFEAT INTO VICTORY

While it may sound counter-intuitive, defeats are not failures. Defeat is really your own personal victory. It just takes a little grit, determination, and proactivity to find it. It may feel awful now, but if you take the time to pay attention, the world is providing you a gift.

Defeat is an opportunity to learn something and become an expert that no other person will get to experience like you. Sure, others fail too, but one experience will never be the same as the next. No matter how similar. It will always be different depending on who is experiencing it. A valuable gift to learn from and use as you continue to grow and live.

Step 1: Analyze Where You Went Wrong

First, the most important thing is to find the areas that went wrong. If you see where you went wrong, you can then use it to practice and get better.

> **Accept the challenges so that you can feel the exhilaration of victory.**
>
> George S. Patton

Step 2: Optimize Your Strategy and Skills

Defeat provides you with vital information. Defeat is showing you that the strategies you are using are not right for you. Now you know exactly where to start to improve. Educate yourself on new approaches, experiment with each one, and then practice.

Step 3: Come Back Stronger

Don't let defeat keep you down. Use it as a practice round to come back stronger and turn it into an even better victory.

You already got all the information you need. Information that others will not receive without the failure you experienced. Remember, a defeat Is only damaging if you let it be and don't use the information it's giving you.

Instead, use it as motivation to be and do better every time. You already know what it's like to fail too. You know it is not as bad as it once seemed. Now you can use that energy to shine and thrive like you never have before.

Often, letting yourself fail or experience failure is the best way to eliminate the fear that is holding you back from being your best self.

As you can see, defeats don't have to be as life-shattering as they may seem or feel. Get back on your feet, find what you are missing and what lessons you need to learn from it.

Then come back stronger and more powerful the next time. A defeat is only a defeat if you let it keep you down.



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HOW TO BUILD RELATIONSHIPS VIRTUALLY

With the availability of social media, cell phones, and the internet, the ability to build relationships has never been easier. This even applies to long distance relationships. You can easily find a partner or new friends without even leaving your house.

> **Ultimately, the bond of all companionship, whether in marriage or in friendship, is conversation**
>
> Oscar Wilde

Join Groups and Forums

Facebook, Reddit, or blogs are just a few areas to join groups and build virtual relationships. Search for topics you enjoy and contribute to the conversation. There are thousands of groups and forums based on many different issues bound to be of personal interest. There even are groups designed to find friends or a long-term partner. You can even start your community and group yourself.

Zoom or FaceTime Frequently

Get on camera just like you would if you were going to give someone a call. This is a great way to build virtual relationships, just as if you were in person. It doesn't need to be formal just because these applications are often used for meetings. Have a lunch date, learn how to cook together, or watch a movie.

Be Aware of Non-verbal Communication

Most online conversations are done using text so you don't see body language or hear the tone of voice. Non-verbal communication makes up roughly 75 to 90% of all communication, which is essential to keep in mind when talking with others and participating in discussions online. Never assume the tone and ask questions if you are not sure.

Use more words to explain your position and take advantage of emojis to let others know what type of body language or tone you are trying to convey. Arguments and miscommunication happen due to the lack of voice tone and body language to help guide the conversation in the right direction.

Try Dating or Friends Apps

There are many different applications and websites these days aimed to find a long-term partner or friend. Bumble and Bumble BFF are two popular phone applications designed for dating and finding friends online. Millions of people are searching for platonic relationships online – so it's not all about sex or meeting your love match.

Start A Live Event or Upload Videos

Create videos or go live for events that you are passionate about and want to share with others. Sharing live video or even recorded videos on your own will make your community that much stronger. Upload them to YouTube or your personal social media pages. Many people worldwide and online love to learn and discuss things about their favorite hobbies or passions.

As you can see, starting new virtual relationships can be just as comfortable or better than starting them in person. Even though this is a legitimate way to start and build relationships, be careful and protect yourself just as you would in person.





5 WAYS TO IMPROVE YOUR PUBLIC SPEAKING SKILLS

For many professions and even hobbies, public speaking skills are essential to achieve success. Just like any other skill, public speaking can be practiced and perfected. To improve your public speaking skills, follow these tips.

Understand Your Audience Well

If you skip this step, it won't matter how well that you think you did. If you don't understand your audience well, you won't effectively communicate your ideas. What is worse, you could be wasting your time and talking to the utterly wrong audience.

Record Yourself on Video

This is a great way to practice free of expectation. This way, you can ensure you are using the right words and body language and pinpoint any improvement areas. Watching yourself on video can be difficult, but it will help you improve.

> **If your actions inspire others to dream more, learn more, do more and become more, you are a leader.**
>
> John Quincy Adams

Act Like You Are Talking to Your Friends

Of course, be sure to maintain your professionalism. Your friends are not only familiar to you, but they are more likely to welcome and forgive you for mistakes. Often, the error will barely be noticeable to them.

For this reason, it is easier for you to talk to these people than strangers. Imagine you are talking to a big group of your friends that won't judge you even if you make a brief mistake.

You'll improve your comfort level, and the practice will help you control your emotions and get back on track if a mistake were to happen.

Try Open Mic Nights and Karaoke

Get yourself in front of people more even and especially if it is outside of your comfort zone. Believe it or not, the more opportunities you get to potentially fail, the better you will become.

That is because making mistakes highlights the areas you can practice on and where you can do better the next time. Poor public speaking skills or fear of it is simply due to lack of experience.

Expect and Welcome Failure

You won't be perfect the whole time. You may fumble on a few words, say "um" by mistake, or worse, but that doesn't mean you can't get yourself back on track. Most people won't even notice these things unless you respond to them negatively.

Instead of expecting perfection, welcome the idea that you will probably fail at some point along the way, at that is okay. It is what makes you human and relatable. The ability to move past these little mistakes and expect failure gives you the confidence you need to be successful.





THE IMPORTANCE OF BEING PROACTIVE

All successful entrepreneurs have certain traits or habits in common. One of the most important characteristics is that they hold a proactive mindset. When you are proactive, you make plans and act based on data and planning and not merely reacting without thought. If you want control of your life, learn to be proactive instead of reactive.

It's about taking the time to understand every obstacle that may be in your way or what you need to learn and understand to get there. If entrepreneurs stood around until the world gave them something, they wouldn't be successful.

> **An ounce of action is worth a ton of theory.**
>
> Ralph Waldo Emerson

Accomplish Personal and Professional Goals

To achieve your goals, you must work for it and take the appropriate actions. You can't expect life to throw you everything at your feet and be happy. It seldom works that way.

Take Charge of Your Life

When you are proactive, you are in charge and in control of your life. You get to decide where your day goes first before someone, or something else does.

Develop A Sense of Purpose and Direction

Proactive is moving forward and taking actions towards your goals and aspirations. To be more proactive, break down your life goals into several 'to-do' lists each morning. Over time you will feel a sense of gratitude, peace, and direction and know what to do each day.

Learn, Grow, and Develop Your Skills

To achieve success, you must develop your skills and grow as a person. Just like anything, if you wait around for something to come, you won't be doing much. Being proactive is more about doing and less about responding.

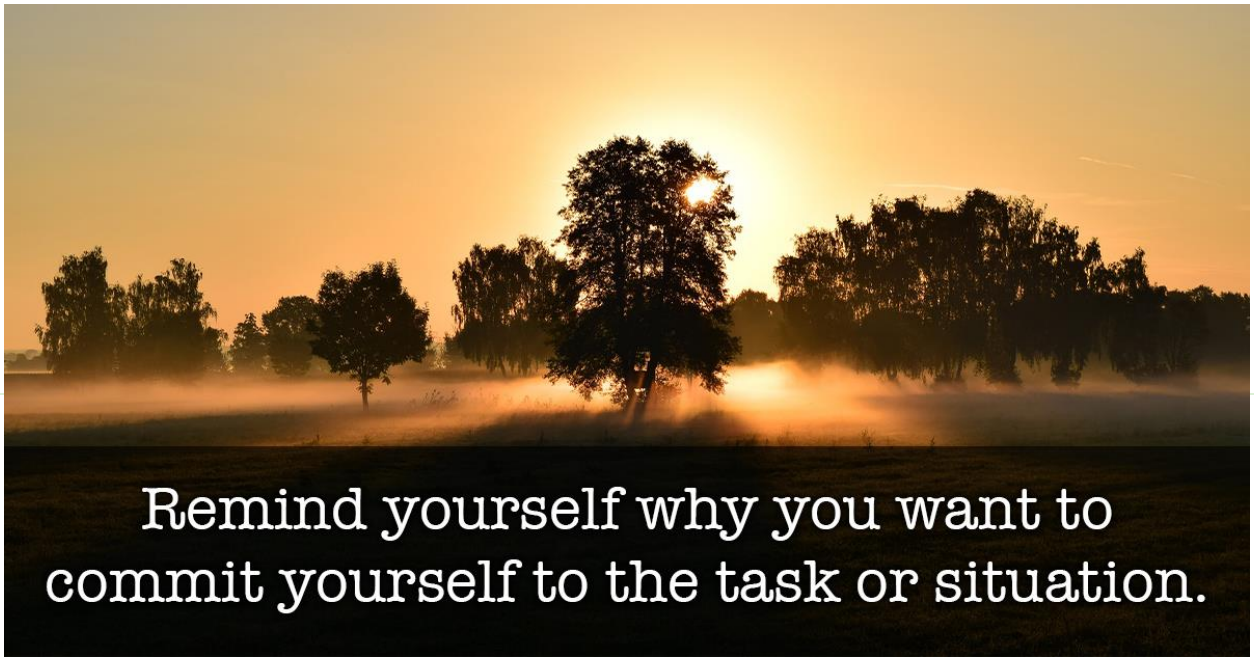
It's about making a conscious effort to discover what needs to be done and act. All it takes is ten minutes each morning practicing your skill to become a better person. Please don't wait around for someone else or another assignment to be given to you. Make it happen yourself.

Improve Health and Relationships

When you understand yourself and take charge of your life, you can better communicate with the world. No longer are you lost, confused, or depressed waiting for something to happen to make your life the way you want.

These things can easily translate into negative emotions that people can feel no matter how hard you try to suppress them. Making it hard to truly develop meaningful and long-lasting relationships as you genuinely can't share yourself honestly.

As you can see, if you want more control of your life and to realize your dreams, you must adopt a more proactive mindset.




Sincerity may not help us make friends,
but it will help us keep them.
- John Wooden

RESOURCES & INFORMATION

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HELPING PEOPLE TO HELP THEMSELVES

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