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FROM THE EDITOR

Welcome to our August issue of the Arete E-Zine. I hope you are keeping safe and well! and looking forward to learning the tried and tested methods shown here to positively improve your well-being and discover how you can achieve your life's goals and ambitions with the articles contained in this issue.

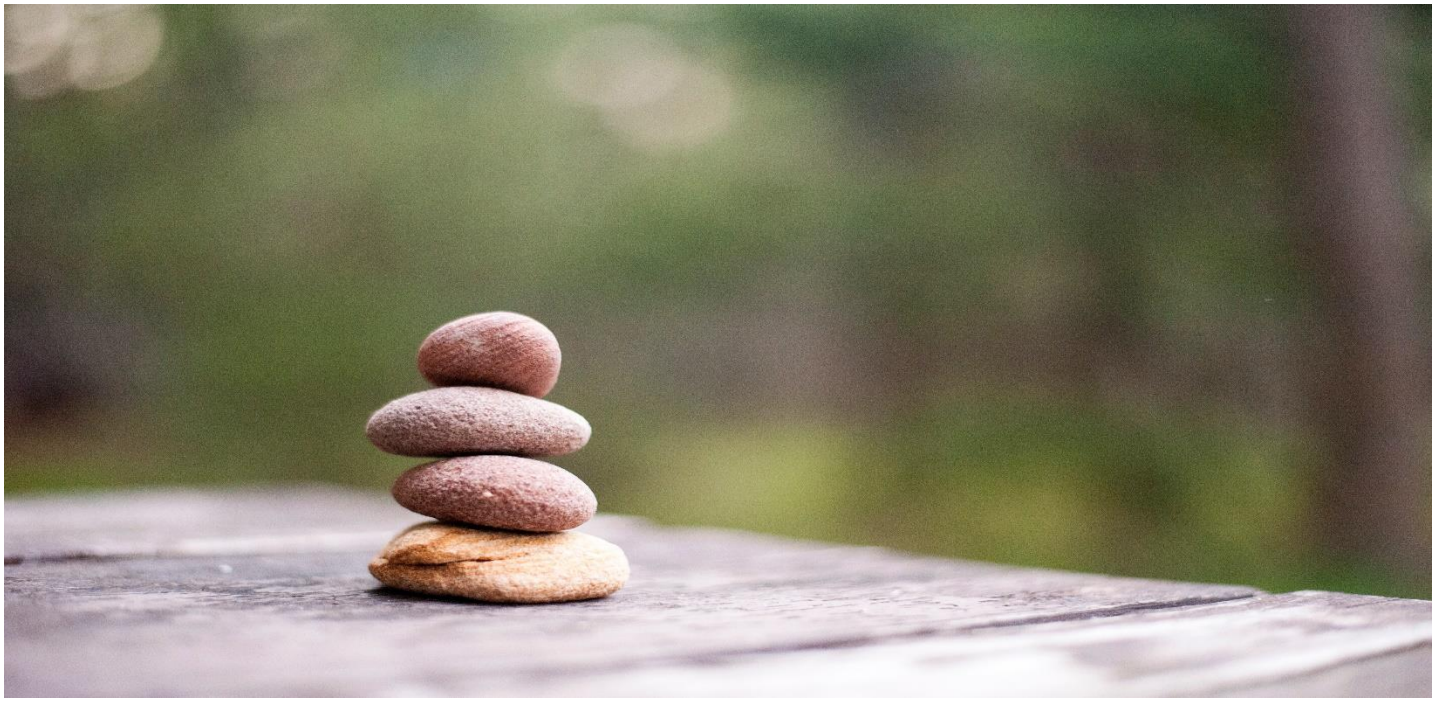
As stated in last month's issue, focusing our minds together to protect our planet (and ultimately our own survival) in addressing the effects of Global Warming and its effects is now all the more vital.

Just leaving it to governments and leading organisations to provide all the answers and measures is not enough! We must all take personal responsibility and assist whenever and wherever we can. Whilst not everything we can do is either easy or practical, there are many things that we are able to do i.e., Reduce our waste, recycle, save energy – Use less consumables etc.…

Pollinators such as Bees and Moths are declining an alarming rate! – Without them up to 85% of our food would no longer be available! So, planting more flowers and trees is paramount. It doesn't matter whether you have a garden, a balcony or grass verge anywhere will do!

For an idea of what is possible – Cntrl+click on the link below: - https://fb.watch/7nOGwPulwN/

Until Next Time/…. *Jonathan.*



4 KEY INGREDIENTS TO FINDING INNER PEACE

Inner peace is described as a relaxing, happy, and content state of being no matter what is going on throughout life. It's about freeing your mind of negativity and reaching a state of happiness—an attainable state of being that anyone can achieve with the right ingredients. You can find the four key ingredients to finding inner peace below.

Only Living Your Life for You

Living for you is not selfish. Take care of yourself. Follow your heart to care for those around you honestly without putting yourself on the back burner. Don't let others walk all over you or push you in directions you don't want to go.

Take control of your life and rid it of distractions that are keeping you down. Identify precisely what you want from life, make realistic goals to get there, and don't expect anything from anyone else but you.

> **True and lasting inner peace can never be found in external things.**
>
> **Gautama Buddha**

Letting Go Of Everyone Else's Version of Inner Peace

Your idea of peace and your neighbors are likely to be different. As they commonly say, one man's challenge is the next man's idea of a day off. Just because you may be where one person identifies as inner peace doesn't mean it will resonate with you.

You must look within yourself, feel your emotions, and take the time to understand them.

Living Each Day with Intent

To experience success, you must take meaningful action. You can't expect to get what you want from life if you do nothing or wait for someone else to do it. That is a sure way to live a life not your own and lead to a life of discontent and unbalance.

It means going out and enjoy the activities you want to do to make you happy and achieve your goals. It is actively ensuring you are not wasting your time.

Reflection and Learning to Love Yourself Inside and Out Right Now

Self-acceptance means being mindful of yourself. Learning to appreciate your body, your knowledge, and the experiences you have gained so far on your life's journey, is a crucial step to achieving inner peace. When you take the time to reflect and release gratitude to the world, you are reminded of your strength and value.

You will realise that although you may desire to keep improving, you are still worthy of happiness and love now, even in a state of self-improvement.

It is vital to remember that just like happiness, inner peace is a state of being and emotion which is never constant without effort. It is normal to fluctuate in and out of different emotions throughout life.

However, you maintain this state of being longer, just by staying true to yourself, working towards your goals, and taking the time to reflect gratitude each day.





HOW SUCCESSFUL PEOPLE SOLVE PROBLEMS

A crucial factor that stands in anyone's way of success is how they solve problems. No success comes without some form of obstacles or decisions to make. Therefore, it's crucial to understand just how different successful people solve their problems.

Here are four ways successful people solve their problems more efficiently:

Adapt and Willing to Learn

No one has all the answers, and that is okay. You're not going to have the answer right away. Instead, focus on what you need to do to learn. Every situation you face will be different and require different approaches to solve it. You can't expect the same approach to work every time.

You must be willing to adapt and learn new ideas. Successful people stress the importance of adaptability because they wouldn't be as far as they are today without it. Just think about any business or organization. If they weren't open to learning new ideas, their businesses would probably fail.



Confidence in Abilities and Acceptance of Challenges

No success comes without action, hard work, or obstacles. With every success story, there is something someone overcame to achieve their goals. You must welcome these challenges as an opportunity to grow and develop your skills.

Experience ensures that you will learn to trust your abilities over time, allowing you to solve problems quickly and creatively. When you believe in yourself, you no longer focus your mind on what you cannot do, but what you can do.

> **Problems are guidelines, not stop signs.**
>
> **Robert H. Schuller**

Focus on Finding Solutions

Focusing too much time on problems rather than the solutions rarely helps. It only leads to more frustration, stress, and ultimately no plan of action to tackle it. While you need to understand the problem in order to develop a solution, this shouldn't be your main focus and should only occupy a short period of your time. Make the most of your valuable time dedicated to creation and testing of possible solutions.

Stay Positive and Calm

Successful people have a different perspective when it comes to solving problems. While it can still be frustrating, they often see a silver lining. They see problems as new opportunities. Therefore, the next time you run into a problem, instead of putting a negative viewpoint on it right away, turn it around to a positive one.
Ask yourself, what new opportunities or knowledge will you gained from this, and how will it help you achieve more goals? Changing your perspective and staying positive allows you to save time and energy to focus on what matters the most.

As you can see, most successful people gain skills through experience that allows them to look at problems differently. They don't shy away from it. They embrace it
to achieve more.





HABITS OF PEOPLE WHO DON'T CARE WHAT OTHERS THINK

It is normal to want to be accepted by society; however, too much focus on what others may think about you will only serve to hold you back and hinder your own self-development.

Successful people know to achieve their goals, they believe whole heartedly that they must act regardless of what others may say or think about it, even if it's not the status quo.

Use these five common habits of prosperous people, who largely ignore what others think about them.

> **I keep my own counsel and let others keep their own.**
>
> Unknown

Shake It Off and Move On

Words and criticism can hurt. It is only normal and would be false to claim that you won't ever feel hurt by them. The key difference is how you handle it. Don't dwell on it, or give it any more time than it deserves. Trust in your own assessment as to whether you believe it to be true or false.

Highlight the lesson you can learn from it, and then move swiftly on. Mistakes or judgments from others are not the end of the world unless you allow it be.

Mind Your Own Business

Overall, what others may think about you is none of your business, just like the thoughts that flowing through your mind right now. No one should expect or force you to share them unless you consent to it.

Be aware though, it is also not your right to expect it from others either. Therefore, it is only a waste of time to think about it constantly. To thrive and be happy you must live your life for yourself and only focus on what you are feeling. If you are truly happy, then that is all that really matters in the end.

Know What You Want and Be Consistent

When you really know what you want and desire out of your life, you won't want (under any circumstances) anyone or anything to get in the way. It takes consistent action to reach your goal, no matter how boring or exciting it may feel from one day to the next.

Understand That Life Is Too Short

When we are young, special events like birthday treats or Christmas seem to take absolutely forever to arrive, but then appear to arrive way too fast as we get older. Our life's journey is like that and can reach its ultimate destination way before we are ready. Wasting precious time on situations that really don't matter can inhibit our ability to achieve our ambitions. So, to achieve your goals, you must focus on exactly what it's going to take to get you there. Placing obstacles of your own making i.e., by focusing and over-analyzing other people's opinions, won't lead you to your dream destination.

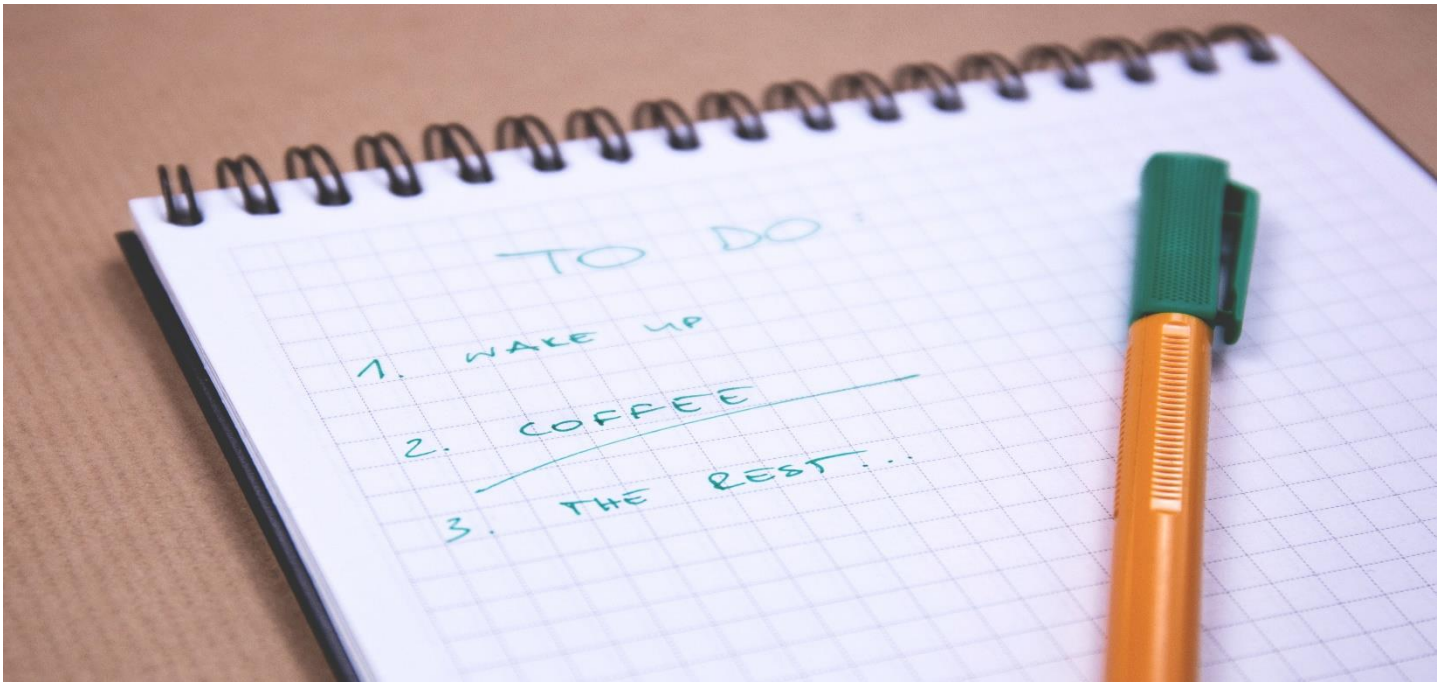
Accept That You Can't Please Everyone

Nor is it anyone's responsibility to do so. You are the only person who is most responsible for your life. You control your actions - no one else. Of course, there are some things that are beyond your control, but for the most part, it is you who decides when, where, and how to do things.

You really must be determined to take charge of yourself. Never allow others to pressure you or compromise your true self in order to just make them happy. To avoid disappointment and self-regret, you must think about yourself first and foremost, before you can make others truly happy too.

Avoid situations or others getting in the way of your success. Feeling appreciated and seen is nice, but it shouldn't prevent you from enjoying life the way you want because other people are too self-absorbed or selfish to express your importance to their life!





TIPS TO LIVE EACH DAY MORE PRODUCTIVELY

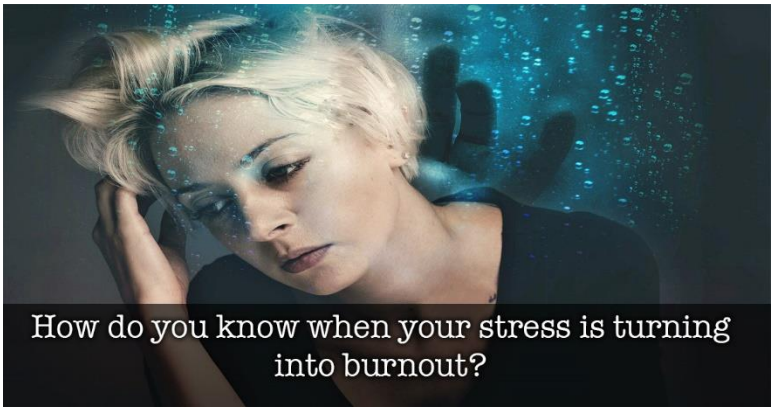
Whether you want to go to the gym more, start a business, get your next promotion at work, or achieve any life goals, it requires being productive and actively doing things that work towards aspirations and desires. It is essential to establish proper productivity habits to be successful.

Develop Clear Goals and Objectives

Start each day with a small to-do list. What is the overall theme for the day? Put your theme for the day at the top of your list. Next, break the list down into two to three actionable steps. Then execute the plan. Be clear and precise but don't go overboard. You want the list to be scannable and not overwhelm you.

Do Less

Doing less may sound counter-initiative, but productivity does mean doing something every single minute of your time. In fact, if you over-schedule yourself or expect yourself to be a superhero, you will only achieve the opposite – because it will become daunting, overwhelming, or stressful and lead to burnout.



Beware, - <u>don't set your expectations too high!</u>
Remember, no-one is perfect! Otherwise, the resulting disappointment in your own capabilities will increase exponentially. However, productivity is not about how much you are doing. Productivity is about the action you are taking and how it relates to your overall objectives. You could work for eight hours every day and still be unproductive, for example, do less by concentrating your focus andr time on what matters the most to you each day.

> **Spend too much time thinking about a thing and you'll never get it done.**
>
> **Bruce Lee**

Be True to Yourself

In other words, make sure your expectations are realistic to you. If you are not a morning person, don't start something by thinking you will easily get up in the morning and get straight to work.

Not being true to yourself is an excellent way to self-sabotage yourself. Anytime you make a deadline or assign work to yourself, be sure you recognize the areas you may need more time or help save your time, frustration, and other vital resources in the long run.

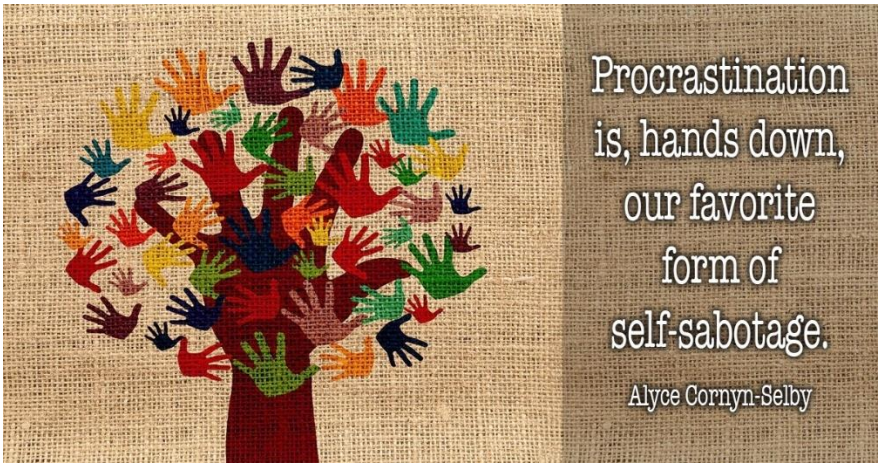
Slow Down and Enjoy Life

Stop being busy all the time and equating that to success or productivity. It's a false mindset developed by a world of capitalism that rarely sees nor cares for reality. You need the time to unwind and enjoy life to stay happy and lead each day towards your goals. The final destination (Finish Line) is not the most important thing about your life. The journey you take is.

Eliminate Stressors and Other Distractions

Do what you can and strive to live a well-balanced and healthy life. Eliminate distractions or people and things that only cause you negativity. Lower your debt, adopt a new diet, get rid of bad relationships, upgrade your education, and take more risks – do something that scares you or takes you out of your comfort zone every day, you will be amazed at the inner strength you have. Don't let others or a particular situation weigh you down when you really do possess the power to take control your own life and succeed despite them.

Productivity is about being well-balanced and focusing your energy on the areas and things in life that you truly value. Productivity is a bumpy and windy journey that requires determination, forgiveness, and pride. Remember not to expect perfection or too much from yourself and enjoy the process.





VALUABLE LESSONS FAILURE TEACHES YOU

Failure is scary and quite overwhelming some of the time, but it is a life necessity in order to reach the finish line. Everyone makes mistakes, and you will never be the exception to this rule, nor should you wish to be. Failure is needed to learn the lessons necessary to excel in life and be where you want to be.

To Learn What Truly Motivates and Inspires You

If you never took a chance on your goals, would you know what makes you happy inside? Without the information you gain from each experience through life, you would not be who you are today.

The fact is you can't know what you don't know. You must get out there, take a chance and be willing to learn.

To Fully Learn Your Desires and Capabilities

Failure inspires personal growth. When you take risks, you discover what you are capable of and the areas you need to improve or enjoy being in the most.

> **Failure is simply the opportunity to begin again, this time more intelligently.**
>
> Henry Ford

To Embrace and Value Change

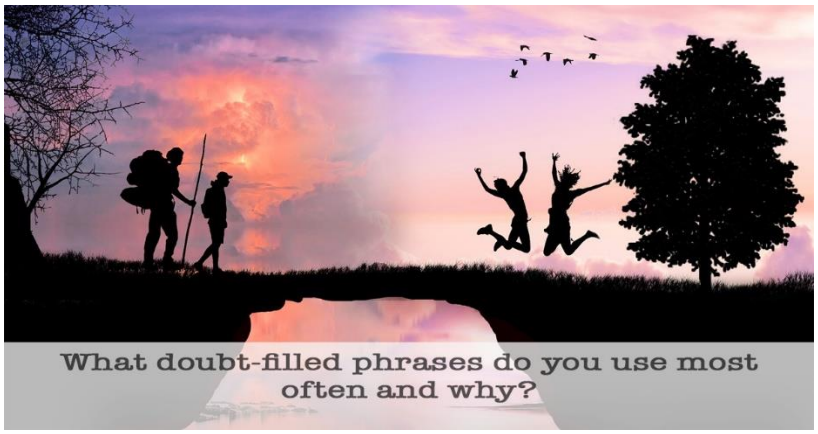
Change is everywhere and unavoidable. In fact, you can't expect to succeed without it, as improving your skills, choosing your meal for the day or any activity for that matter results in a change. When you expect it, you can take better control of the direction you want your life to go.

You Can Always Learn and Recover from Failure – It's Never the End of The World!

Failure teaches you resilience. Once you fail, you realize it is never the end of the world and usually something that can be improved. In turn, this builds up your self-confidence and gives you the motivation to learn more and do even better the next time.

Every time you fail, you make it out of there alive and survive stronger than you were just moments before. You become stronger because you realise that failure is not as scary as you perceived and envisioned it to be in your mind.

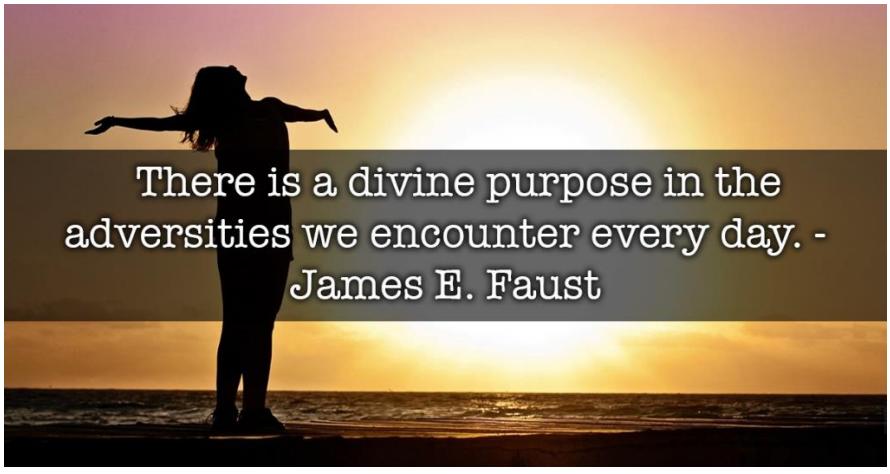
Most failure is survivable, and with that comes a great sense of pride and accomplishment, which you can take with you to carry through to success.



To Live a Positive and Optimistic Life

While this may sound counter-intuitive to the idea of failure, it isn't if you look at it from a different perspective. Remember, failure is not damaging unless you allow it to be, and don't take the time to find something you can learn and grow from it.

Next time you find yourself worrying about failing, remember these five important lessons. You don't need to be afraid of failure where there are healthy and positive lessons to be learned.





HOW MINIMALISM CAN CONTROL STRESS

Anxiety and Stress, adversely affects sleep quality and duration. Stress and a lack of sleep can have a severe impact on physical and mental health. Experts recommend that people aim for 7–9 hours of sleep a night, depending on their age and other factors. The lack of sleep prevents us from achieving our goals and living life to the fullest.

One of the most straightforward, most cost-effective, and safest ways to reduce stress is through minimalism. Minimalism is often misunderstood. It's simply a way to live as stress-free as possible. It doesn't really mean you do without needed items. It just means you only keep what you need.

Research supports that too much clutter in one's life can increase stress and anxiety and getting rid of it is one of the best medicines and things you can do to be successful.

Saves You Money and Other Resources

Saving money is probably one of the most evident and instant rewards to minimalism. Money and time used to purchase these items(clutter) could be better used to improve or gain more valuable experiences that in turn foster happiness.



Minimalism Can

Improve Your Decision-Making Skills

Fewer worries over financial decisions or limited funds allow you to make healthier decisions in life because you no longer are wasting energy where it's not needed. The extra money and resources provide a sense of calmness and keep you stress-free.

> **The ability to simplify means to eliminate the unnecessary**
>
> **Hans Hofmann**

Provide Clarity and Focus

When you decide to get rid of things, you regain control and provide clarity, focus, and direction to your life. The act forces you to take a moment to evaluate it and recognize the emotions or value it brings to your life - allowing you to remember what you value in life and want to achieve.

It is easy to get distracted as life is fast and busy. There are so many different people coming in and out of your life that your true priorities or values can get overshadowed and diminished. Minimalism brings you back to reality and gives you a moment to center your attention, aiming at where it most matters.

Releases Tension and Provides Power

As you declutter or prioritize the things or people in your life, you gain more power and control thus enabling you to physically release tension so that you can hold in your shoulders and release endorphins that make you feel happy. Eliminating clutter allows you the space to build the self-confidence and inspiration you need to be happy and stress-free.

Don't let stress get in the way of achieving what you want from life. Remember, minimalism isn't about living with nothing and it won't be the same for everyone. It is about actively keeping things in your life that make you happy and rejecting the things that don't.





THE IMPORTANCE OF RESILIENCE IN LIFE AND BUSINESS

You know someone who seems as if they can take what seems like a punch in the face over and over but still get back on their feet and try again? Their resilience is powerful and inspiring and something you should be focused on too if you want to succeed in life.

Discover a few of the reasons you want to enhance your resilience, below.

To Maintain Motivation and Determination

Resilience is about getting back up on your feet no matter how painful or challenging the situation may be, in order that you can reach your goals. It is about maintaining your physical and mental health so that you can keep taking the necessary strides to become the person you most want to be and achieve your life's ambitions and dreams.

It is the motivation and determination you need when nothing else seems to be working or feels right. It's about telling yourself to do it anyway because you know that in the end it will be so much better than where you are right now.

> **"**
>
> **The key to life is resilience.**
> **We will always be knocked down,**
> **but it's the getting up that counts.**
>
> **Dominique Browning**

To Be More Self-Efficient and Independent

While it can be scary to hear, the only person you can rely on throughout life is yourself. Your parents, friends, other family members, or spouse can't provide you with the same things you can, nor can they do so even if they wanted to. They have their own lives to live and control. You already know what you need to be happy and to get things done. If you wait for others to do it for you, you can be confident you will never be genuinely happy.

To Learn from Failure and Transform It

Failure creates better problem-solving skills and leads to more success. While it sounds like an oxymoron, it's true. Most success comes from failure.

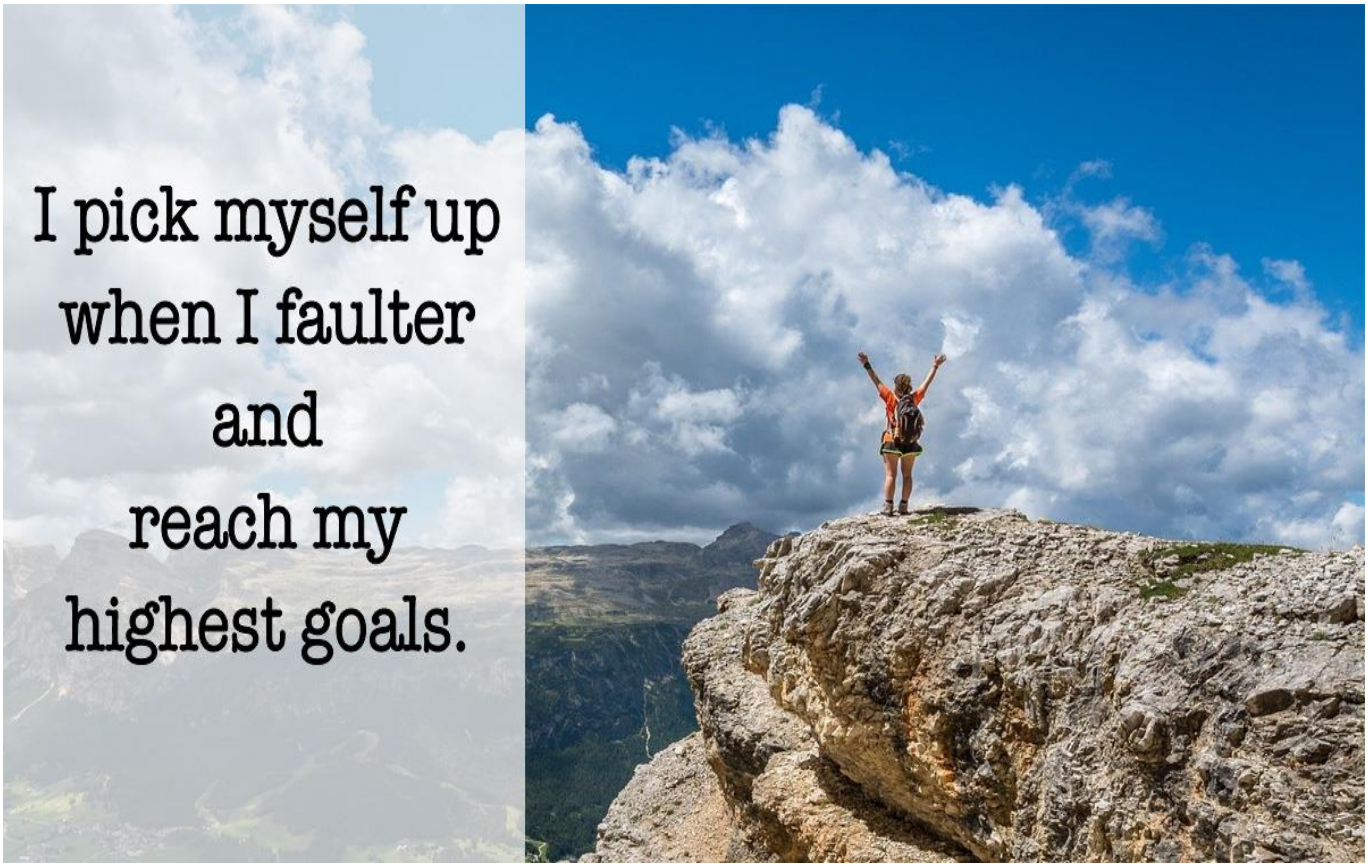
Without failure, you can't learn or grow. You discover your true capabilities with failure, gain self-confidence and the resilience needed to get through anything that life throws at you.

To Better Embrace Change

As you are aware by now, change is unavoidable. The faster you face this fact and understand it, the better your life will be overall. You can't stop negative stuff from happening. But you can control how you react.

Your measured response can then set in motion the direction of where you want your life to go. In other words, you can let something negatively debilitate you or build up your positive resilience to enable you to power through any obstacle or situation.

Overall, resilience is vital for your physical and mental health. It keeps you focused on where you want to be instead of succumbing to defeat. Resilience allows you to have the power to keep on going, without it affecting your overall happiness, or distracting you from your goals.





FOUR FACTORS TO WORKPLACE HAPPINESS

Companies with high employee satisfaction outperform their counterparts by over 200 percent. Due to this, making your employees happy should be one of your top priorities if you want to increase your company's productivity and stay ahead of your competition.

The Right Work and Ability to Grow

Boring or stagnant work that doesn't keep workers engaged will leave them looking for different options. The same is true if there is too much to do and the person feels like they can't breathe in between tasks. While there will always be tedious work to deal with and nothing is ever perfect, strategies can be adapted to allow for individual growth.

Include on-the-job training, webinars, or other opportunities to practice skills or learn new things to make the job more exciting. Skill-building workshops or encouraging others that you know from different teams to join in on projects. This is undoubtedly something they will enjoy doing, and will no doubt think it's a great idea too.

Everyone likes to be rewarded for a job well done. A simple "Thank you" or "You did great today, we appreciate you" can change someone's day and make them want to work even more challenging.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

~.~ WINSTON CHURCHILL ~.~

The Right Benefits and Income

The income earned must equal the amount of work to create happy employees, but there are benefits to talk about, not simply basic health care but also consider things that can encourage your employees to show up.

For example, giving employees fuel cards or paying for their time to commute to the location can do wonders. Social events that allow everyone to get together and enjoy off time or anything that makes their lives easier will make them feel happy and secure.

> **Little is needed to make a happy life; it is all within yourself, in your way of thinking.**
>
> **Marcus Aurelius**

Healthy and Realistic Work-Life Balance

No matter what people think or try to say, humans are not here to just work and pay bills. There are many other factors outside of the workplace that makes life fulfilling, including friends, family, and other personal activities. This means adopting a flexible schedule for each employee that is realistic.

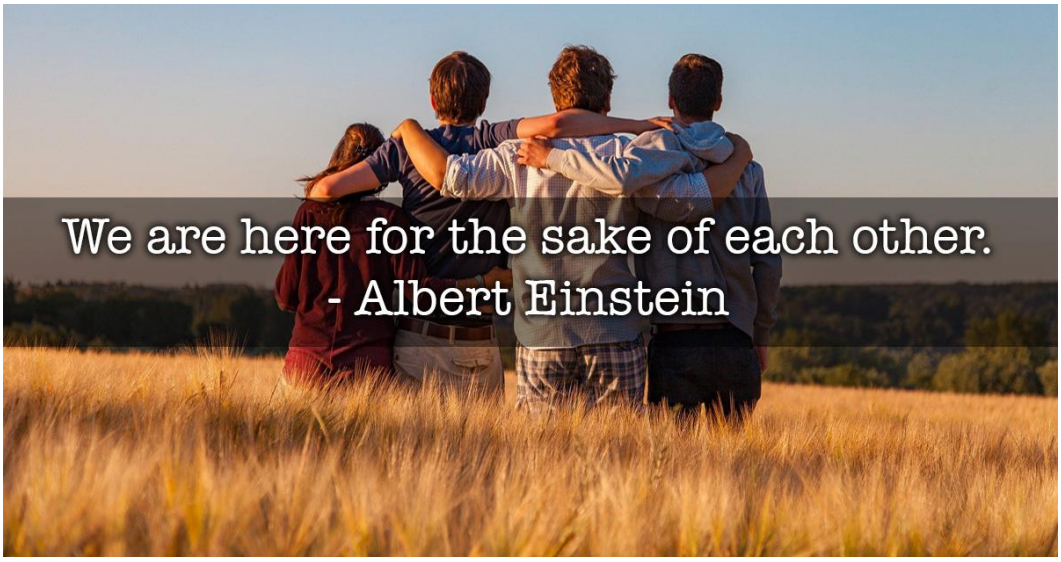
You don't necessarily need to keep a strict 9 to 5 schedule for everyone to be successful. The more flexibility in the job and specific allowances made for opportunities for them to experience activities outside their careers, the happier and more content they will be, and all the more likely to positively respond to their tasks.

When people don't have to stress about getting fired for needing to take a loved one to the doctor or take a last-minute mental health day, the happier they will be overall.

When you do your best to create happy employees, you also create hard-working ones. When people feel appreciated, they can provide value and live their lives without worry.

They'll stick around longer, and they won't want to take it for granted. They will do the work required efficiently and effectively to crush the goals needed to run a successful business.

In the present climate of huge changes that are due to the shifting trade practices and consequently business competition, it is vital to provide a workplace environment that actively promotes value in high moral practices and the well-being of its workforce.



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