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The Arete e-Zine

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FROM THE EDITOR

Welcome to our July issue of the Arete e-Zine. I can't believe that after 6 months of relentless rain in the U.K. we now have a heatwave which is presenting all kinds of problems! Mother Nature, is certainly having difficulty in trying to understand what season we are actually in, and the knock-on effect for our birds, insects and wildlife is proving very challenging to say the least! Hopefully, it will focus all our minds on what we can all do to protect our planet!

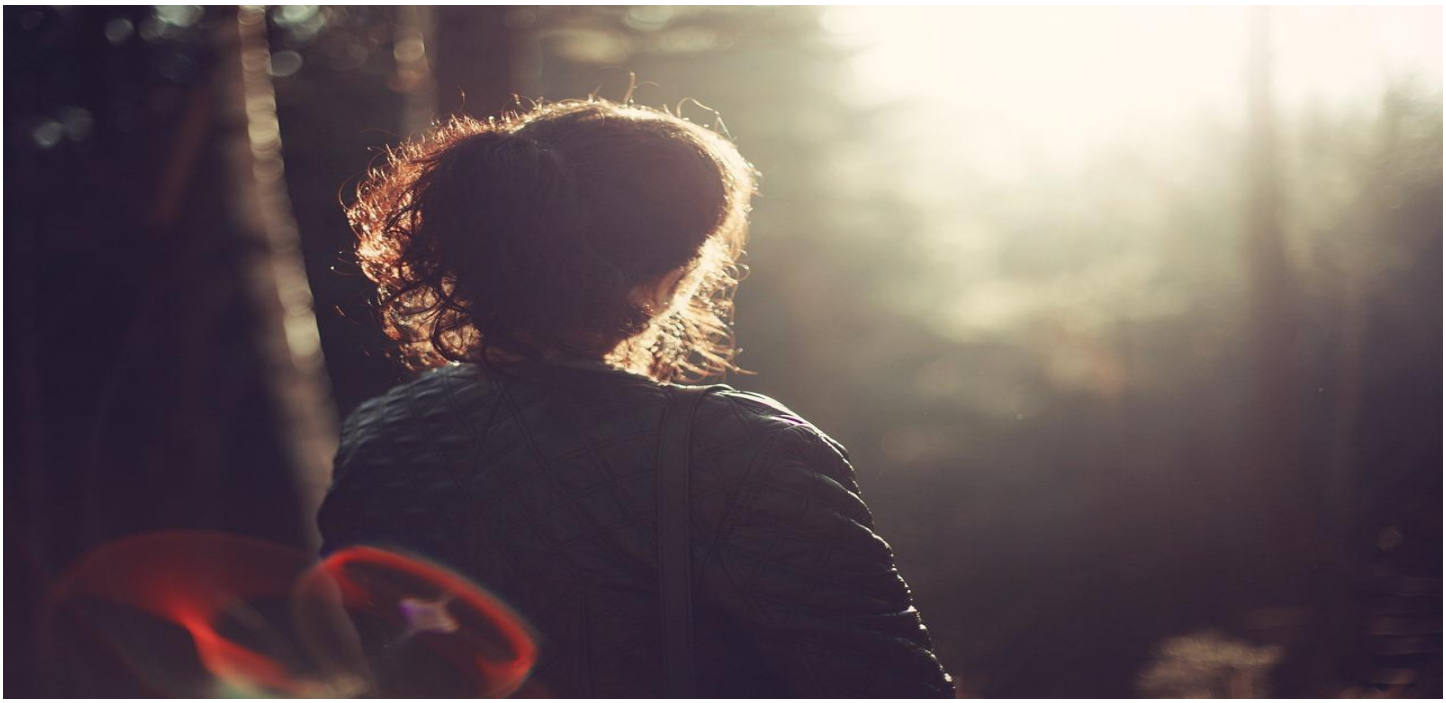
I have included in this issue a diverse range of articles on Self-Development and Self-Awareness to help you be all that you can or wish to be. One of my favourite saying's is "You Can't Change Your Life If You Don't Change Your Thinking!"

However, in this issue, I have tried to demonstrate that the reverse is also true – You really cannot change your thinking (Philosophy) without ever making some adjustments along the way to your life's experiences and expectations.

I hope that you enjoy the articles and please do let me know what you think!

In the meantime, I wish you every Success & Happiness on life's endeavours!

Until Next Time/.... *Jonathan.*



HOW TO BE MORE MINDFUL EACH DAY

Mindfulness, the voluntary state of being present in the moment instead of living or existing passively. Do you feel as if life is going by too quickly? Do you feel as if you cannot slow down and take some downtime when you need it? If this sounds familiar, you are living your life more passively and not acting with intention mindfully. Use the following six ways to be more mindful each day.

Make It a Real Commitment

As obvious as this sounds, this is where most people go wrong with anything they want to change in their life. You are likely guilty of this too. You want to do something, and you tell yourself you will do it, but you never follow the plan you create.

You never genuinely do what is needed to get it done. Write it down, make the appropriate schedule, and stick to it, or you will never get there. Telling yourself that you want something is only the first step of actions, and commitment to the plan is where success starts.

> **Mindfulness is the aware, balanced acceptance of the present experience.**
>
> Sylvia Boorstein

One, Five, or Ten-Minute Exercises

Start slow, and don't expect too much from yourself. Start each morning with a one-minute mindful exercise like breathing exercise or meditation. Then once you are comfortable with the time, increase it until you can do it longer and longer.

Step 3: Have Daily Goals and Intentions

Each morning give yourself time to highlight essential goals or daily intentions. Ask yourself the following questions to get you started:

"What would make me most fulfilled today?"

"What do I have to do today that I often do mindlessly, and what actions can I take to do it differently?"

The point is to make your goals and intentions as clear and as simple as possible to help you take the actions required to make a real change.

Start With "Mindless" Tasks

Going to the bathroom, brushing your teeth, or putting away the dishes are a few everyday tasks that are easy enough to do that you don't put much thought into. These mindless tasks are a great place to start to train yourself to be more mindful.

The next time you brush your teeth, count in your head to 120 or take notice of where you want to put the brush next. Repeat similar actions for each task you do to practice being more mindful. Eventually, living each moment with intent will become natural.

Stop Multitasking

To complete a task efficiently, you must give your full attention to it. Meaning when you multitask, you are not giving your fullest attention to anything. In short, you are working from memory. In a mindful world you should avoid multitasking at all costs.

In fact, research shows that multitasking is not really all that beneficial anyway. Giving your brain the focus that it requires on each task will free up your time and allow you to produce better quality work as well. This is because you are no longer wasting time switching between tasks and have the optimal brainpower to produce better ideas faster.

Slow Down and Free Up More of Your Time

Stop being so busy and have more free time – being busy does not equal success. If you find yourself always rushing, you are not giving your best, only leading to failure or lackluster results. Learn when to say no more and take the time to evaluate yourself to be sure you are doing what is needed to be successful.

Try each of these six strategies to live a more mindful life and increase your happiness. Mindfulness is the key to living a more stress-free, happier, and successful life.





4 WAYS TO FIND INSTANT INSPIRATION

Successful people seem to be born with magical skills; getting up each day with grit and determination to power through any obstacle in their way, without a bat of the eye. However, they are human, just like you. They don't have magical skills. They know how to find and where to look to get the inspiration they need to live their best life.

> **Everything you look at can become a fairy tale and you can get a story from everything you touch.**
>
> Hans Christian Andersen

Go Outside

Not only is nature breathtaking and beautiful it has the nutrients your body needs to thrive and work at its best. A deficiency in the blood serum levels of Vitamin D can affect your mood and even affect your memory or brain function.

Exposing as much of your skin's surface to the sun as possible is the best way for your body to produce Vitamin D. Having more vitamin D in your blood will act as a quick energy boost. You will feel awake and well refreshed after a short 15-minute set or walk outside, giving you the energy and break you need to feel inspired.

Take A Real Break

If you can, walk away from it completely. Come back tomorrow or even a week from now. Breaks are healthy and good for your brain and body. Burnout can lead anyone down a path, constantly searching for inspiration when all the brain wants is an honest break.

If you can't produce new ideas or keep failing on your new exercise routine, you might just be overwhelmed. Breakaway and don't allow yourself to think about it for a while. When you come back, you will be rejuvenated and ready to tackle whatever is holding you back.

Search the Internet

The internet and other people's ideas are your friends. The best ideas come from other people's ideas. Look at what other people are making in similar niches and see how you can make it better. What is a common problem that people are the internet are saying? Can you fix that problem?

What are these people doing in their daily life that is different from yours? Read or watch as many videos as possible and blogs you can on the subject you are trying to find inspiration. The more knowledge you have and the different perspectives you gain provides the information your brain needs to get moving.

Look to A Role Model or Loved One

Different people have a way with words and are born to be an inspiration for others. Use the gift they want to share with the world. Loved ones are the best role models, as not only do they know and love you, but they are also realistic about what is in your world.

They don't display high or unrealistic expectations that influencers, singers, or actors usually do. They also understand parts of you that you may not even know about. Even a quick chat or facetime conversation about nothing can lead to inspiration as your brain releases endorphins making you feel happy and relaxed.

Overall, inspiration can be found just about anywhere. It's about breaking free from unrealistic expectations, giving your body the fuel that it needs to thrive, and having the determination to get what you want out of life. If you genuinely want to do it, you will find a way.









10 FOODS THAT BOOST YOUR CONCENTRATION

If you have trouble concentrating or can't fight through that daily mental fog, your diet is likely to blame. Poor diets lead to poor nutrition and decreased vitamin levels that can lead to many different health problems.

Don't worry; there are many delicious options to choose from that will make it easy for you to adjust your diet. Consider the groups listed below to help increase your concentration and improve your brain health.

Leafy Green Vegetables

Green vegetables are packed full of nutrients and antioxidants that work together to help fight inflammation and other free radicals that can enter the body through pollution. Thankfully, it's easy to quickly prepare most leafy greens by lightly steaming or sauteing in a little healthy fat.

Tea and Coffee

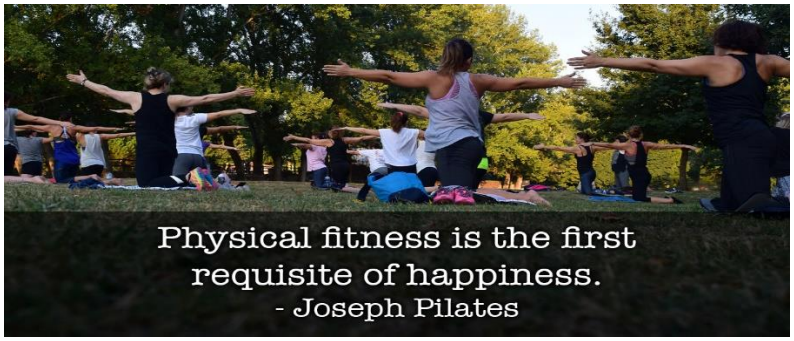
Coffee or tea alone without sugar, cream, or other dairy products can provide many health benefits. It reduces inflammation and provides the body energy to stay focused and alert throughout the day.

> **Concentration and mental toughness are the margins of victory.**
>
> Bill Russell

However, it is vital to keep an eye on consumption as too much caffeine can cause the opposite effect.

Fresh Squeezed Orange Juice and Berries

Any fresh-squeezed juice you like is an excellent choice as it is full of natural sugars and powerful antioxidants. Natural sugars give your brain the energy it needs to stay alert. Avoid the sugary drinks and foods and stick to natural sugars found in fruit.



Pulp and other fruit byproducts found in fresh-squeezed juices work together to keep your blood sugar levels at a healthy range while keeping you alert, energized focused. If you don't want the juice, grab the whole fruit, especially berries rich in vitamin E, known to promote proper brain function.

Fatty Fish

Essential for optimizing your brain function, Omega-3 fatty is easy to get and plentiful. Mackerel, salmon, and herrings are a few fish choices high in omega 3. Research shows a link between lower levels of dementia and higher brain function from those who adopt a diet rich in omega 3.

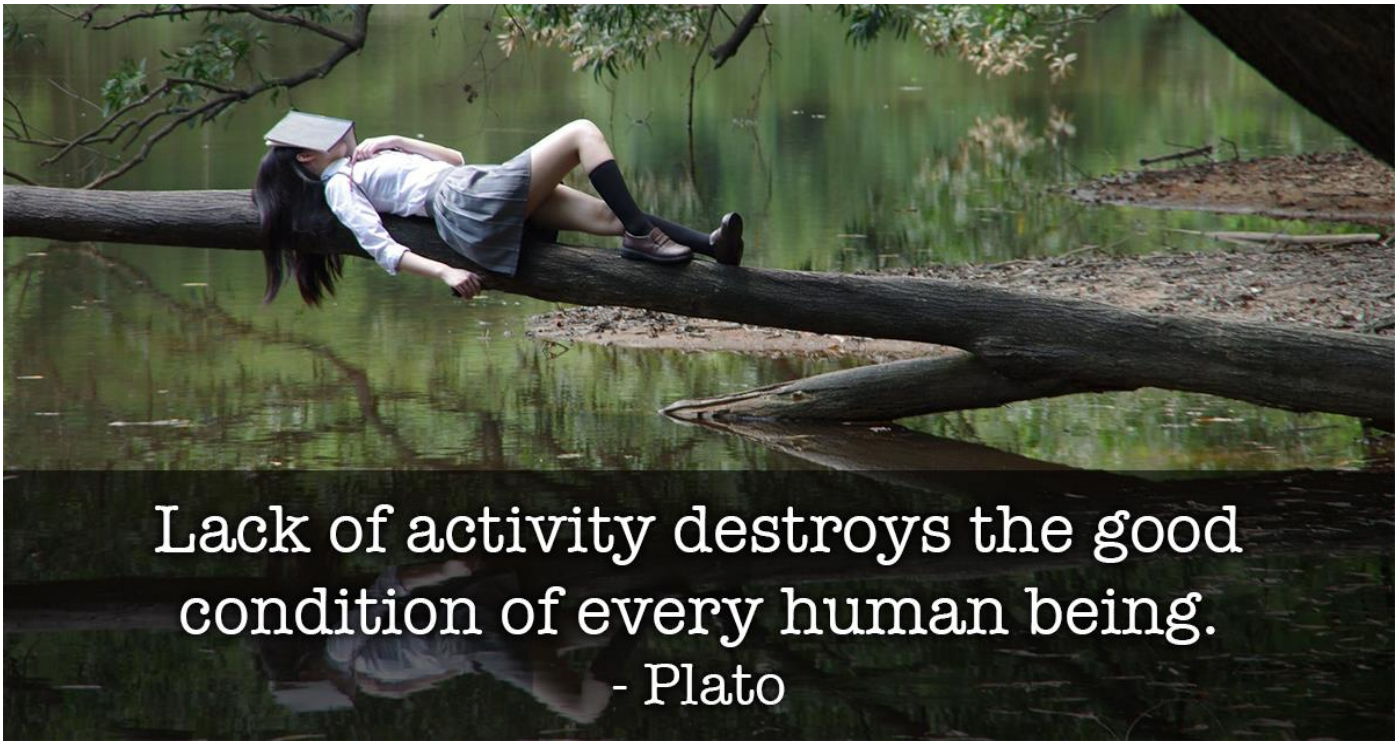
Avocado, Walnuts, or Dark Chocolate

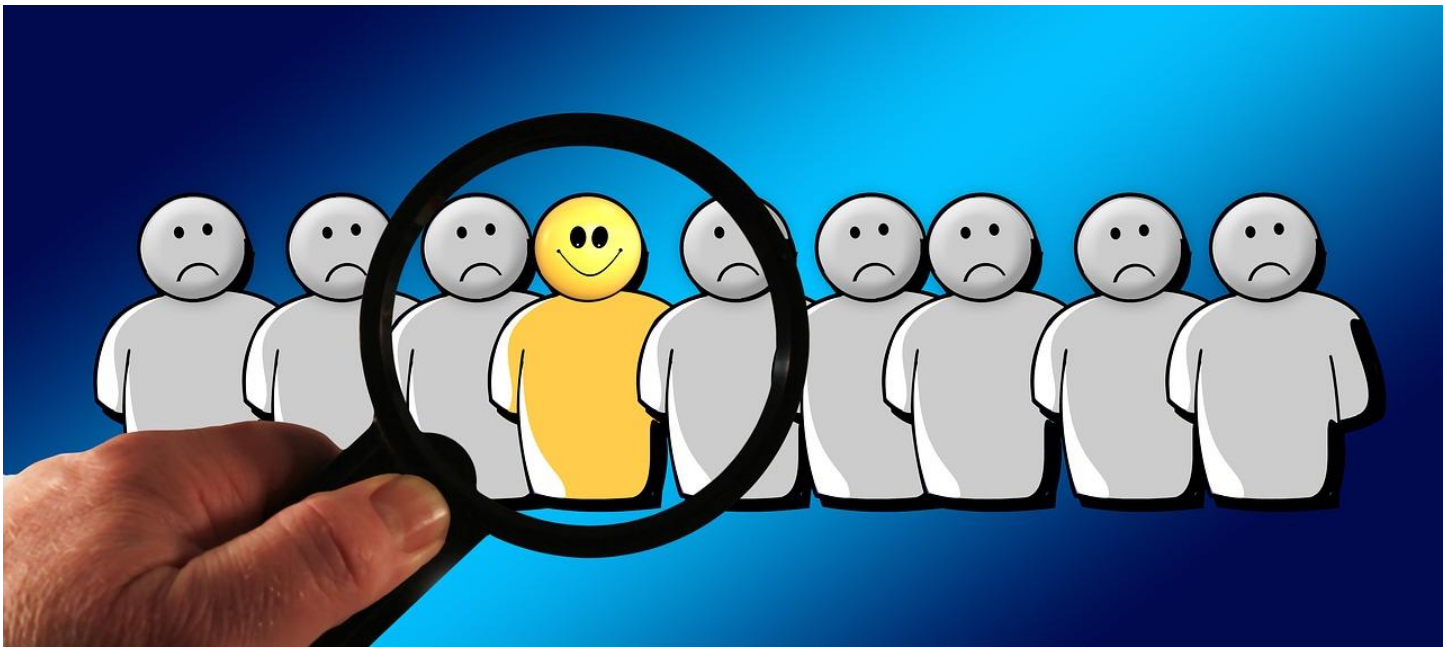
Other significant sources of fats that your brain requires include avocado, walnuts, or even dark chocolate. Chocolate also consists of a bit of caffeine that you can use as a quick healthy stimulant.

Whole Grains and Oatmeal

Whole grains and oatmeal keep you satiated for longer preventing brain fog or fatigue, providing mental clarity and energy allowing you to perform at your best.

You don't need to add every single one of these food groups to your diet to see improvement right away. Start with one or two new foods each week and only stick to the foods you actually enjoy. Before you know it, your body and you will naturally want to grab these foods as you'll be able to live your optimal life.





ADJUSTING YOUR ATTITUDE FOR A HAPPIER LIFE

If you didn't know already, attitudes are contagious. It doesn't matter if it's good or bad. However, the bad typically tends to stick around a lot longer. A poor attitude can cause difficulties in your relationships, career, and other areas of life. If you have an attitude problem and are far from living the happy life you want, then you need to adopt new habits to fix it. Here are a few strategies to help adjust your attitude to live a happier life.

> **You have power over your mind - not outside events. Realize this, and you will find strength.**
>
> Marcus Aurelius

Fully Understand Your Reason for Change and Highlight It

Just like any mental or healthy crisis, there is always an underlying reason for its symptoms. In other words, the anger or poor attitude you feel is likely a cause of something else going on. The attitude you reflect on the world mostly reflects how you feel on the inside about yourself.

To truly change and fix your problems, you must find the real cause and improve it. Don't make excuses or hide the reasons. Own up to it and commit.

Release and Adjust Your Expectations

You should never expect more from others than what you expect from yourself and even less so. Adjusting expectations is a great way to release yourself from unrealistic pressure and stress.

The fact is no one will make you happy as you can. Stop expecting it from others and be proud of this fact. Being in control of your own happiness and life is a beautiful gift.

Practice and Understand Empathy and Gratitude

The moment you feel any bitterness try to see it from someone else's perspective. Maybe you are upset that your food order was messed up, for example. Instead of being angry, they assumed the cook had a bad day or dealt with family issues causing them to not work as great as before. This will instantly make you understand better and be thankful for what you have.

Make an Actionable Plan

You can't expect change if you don't do anything about it, no matter how much you may want it. Find actual actions you can take to make a difference. Go to counseling, find a support group, and set daily goals for a few examples.

Laugh More

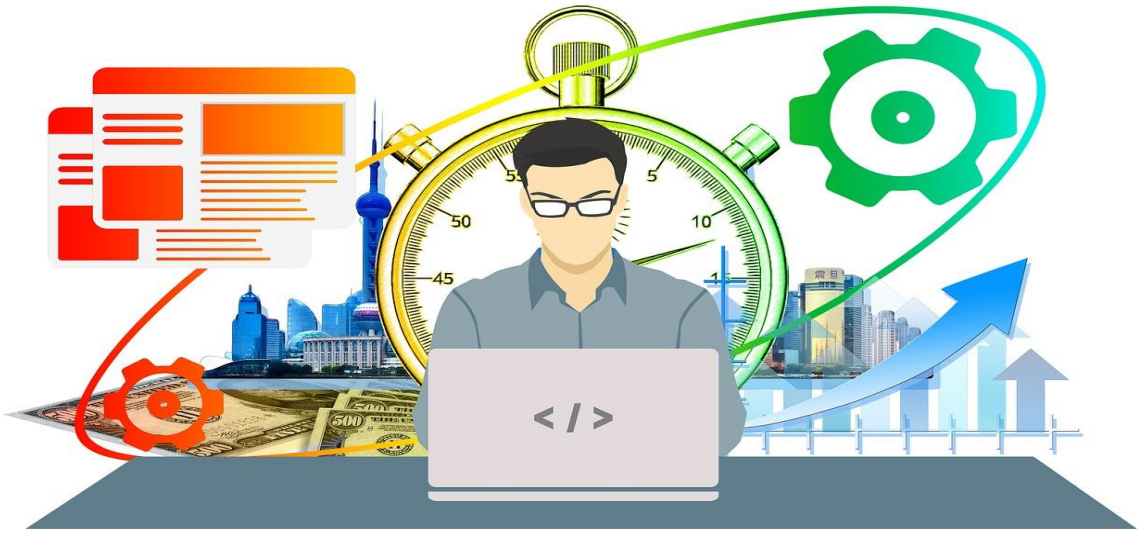
Laughter is the best medicine. Even if you don't want to laugh, there is something about it that can easily lift your moods and change your mind. Start laughing and see just how easily your perspective will change. It may feel hard to do at first, but your brain will instantly rewire and feel the need to respond. Find a funny YouTube video or ask your friend or loved one to tell you their favorite joke when you feel a negative attitude.

Stop Taking Everything So Seriously

While it may be easier said than done, not everything is as serious as you want or may think it is. If your actions aren't harming others, yourself, or breaking the law, why waste time or energy? Use this energy and time to empower your world instead.

Remember, you have the power to control your actions and emotions. You are accountable for your choices and responsible for what you do with your life. The sooner you take responsibility for your attitude, the happier you will be.





HOW TO IDENTIFY YOUR STRENGTH AT WORK

The path to career success is understanding your strengths and using them to your advantage. Discovering your strengths at work ensures you find a career that you enjoy and excel at.

Knowing these strengths allows you to make the right career choices to enhance your abilities in the most optimal way for success and happiness. Here are five strategies to help you identify your strengths at work.

Notice What Feels Right

Beyond breaks or the end of your shift, what are the moments that feel right to you? When are you the most comfortable, or what do you look forward to the most throughout your workday? These are likely areas that you excel in because you feel comfortable and confident.

Take Notice of Your Most Productive Moments

Another great way to find your strengths is to highlight the moments where you are most productive. Are there things you know you can get done without wasting any time?

> **The most important thing in communication is hearing what isn't said.**
>
> Peter Drucker

When did you feel the proudest of yourself at work, and why?

Take Risks and Trust Yourself More

The best way to learn your strengths is to take risks. Take that discomfort, move through it, and try learning things.

The more you try new things, the more you can discover what you like doing and are naturally good at, as well as where you need to grow.

Failure will only lead to growth as it always teaches you something. Either you enjoy it and now have the determination to do better or learn that it is not a strength you want to possess.

Ask A Co-worker or Your Superior

Are there things your co-worker or superior constantly rely on you for? What do you believe would be the first thing to fall apart if you left your job today? If you're unsure, ask your coworkers what they'd miss most about you regarding your work if you quit. It's astounding the various perspectives your co-workers and colleagues have of you.

Evaluate Both Positive and Negative Feedback

What activities do you always receive compliments on or good feedback from? While this Is a great place to look, it is also important to note that all feedback Is beneficial even if it may sting a little.

Just because something isn't your strength now doesn't mean you can't make it. If you feel disappointed in it, then you likely value yourself and have the strength to do it inside you somewhere. You need to practice.

If you are still struggling to identify your strengths after going through this list, you are likely in the wrong career or job. Don't be afraid to leave and keep experimenting. Comfort and happiness are essential for living and gaining a successful career.





IS VALIDATION HOLDING YOU BACK FROM SUCCESS?

Validation is the process of making sure you are right or valued in some way. It's often what people think they need to feel accepted by the world. In small doses, it's healthy and makes sense to want to feel this way—however, it's often the key holding people back from success.

> **Our greatest glory is not in never falling, but in rising every time we fall.**
>
> Confucius

Prevents You from Being Your True and Honest Self

When you are always worried about impressing others, you are also pushing your true self away. This also means that no matter who you talk to, you will be someone different. You will simply reflect the person you are talking to and not yourself.

It Breads Perfectionism and Procrastination

You cannot be perfect. No one is. And no, they're not perfect even if they look shiny and perfect. Work toward being your best self but accept that your best self includes making mistakes. There is a high probability that you also experience procrastination that can negatively affect your personal and professional life.

With procrastination, there is always compromise. Procrastination often stems from fear of failure, meaning you put off the work as not doing it at all is better than disappointment. However, only through disappointment and stepping outside of your comfort zone do you positively grow as a person.

You Can't and Won't Make Everyone Happy

It's natural to want validation but impossible to receive or expect from everyone. If you let this happen, you will never be successful as you constantly have your mindset on the wrong goals and aspirations. You are responsible for your happiness. Make sure you are doing exactly what needs to be done to get there, and don't let distractions like this get in your way.

Envy and Comparison Leads to Failure

You are different from everyone else, and that is a beautiful thing. Only you can be who you are, in the same way, you are you. That alone should make you feel proud. Understanding that no one is better than the other is essential because you don't want to compare yourself unrealistically.

It is also important to note that blending in and ensuring you don't look abnormal doesn't always equal validation. Due to this fact, it's even more important to live each day honestly as yourself, and when you do find that validation, you know in your soul that it's genuine and honest.

Impacts Quality of Work

Just like the examples above, validation keeps you on the wrong path. It distracts you from what is essential leading to shoddy quality work and lackluster results. How can you expect yourself to do "A" plus work if you are always pretending to be other people to seek validation?

Evaluate your actions, ensuring they match your stated values to ensure you don't let validation hold you back from success. If you always go back to think about what other people are thinking or stop what you are doing due to fear of judgment, then you are, likely, guilty. As hard as it may be to believe you don't need validation to be successful.

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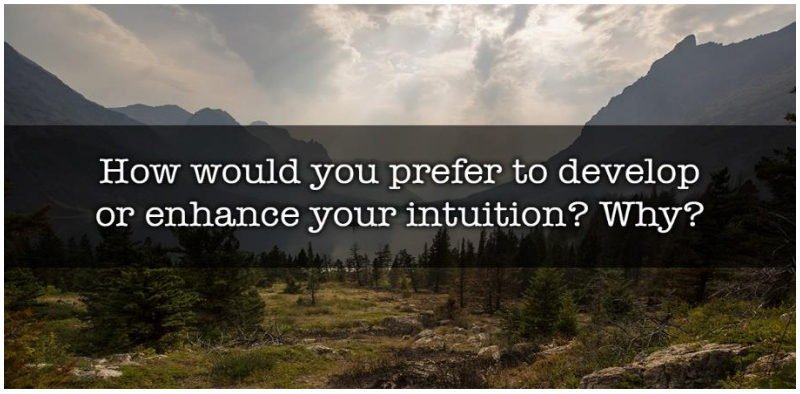
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THE BENEFITS OF FORGIVENESS AND LETTING GO

At some point in your life, you are bound to be hurt by someone close and essential to you.

Whether it be a parent trying to teach what a strong work ethic means or a loved one is breaking the relationship. It doesn't feel good but going down the path of resentment and bitterness doesn't either.

No matter the reason for disappointment or hurt, understanding the benefits of forgiving others and letting go of grudges will allow you to get through these moments easier and continue to live a happy life.

Protect Your Mental and Physical Health

Holding on to grudges and the disappointments of life will only breed bitterness. The sad truth is that this bitterness – and the feeling of negativity - creeps into your daily life and wreaks havoc on your relationships', career, and subsequently your mental health.

> **The weak can never forgive. Forgiveness is the attribute of the strong.**
>
> Mahatma Gandhi

Simply Live a Happier Life

Refuse to continue focusing on the negativity, don't ever prevent yourself from living your best / happiest life. Put simply, do not allow sadness and regret to stay at the forefront of your life. Learn to set aside the negativity and experience the full joy of giving yourself permission to let go and forgive.

Achieve Success

Success is personal. What you believe to be a success will likely be different from your neighbour, friend, or family members. Grudges block your chances of this success.

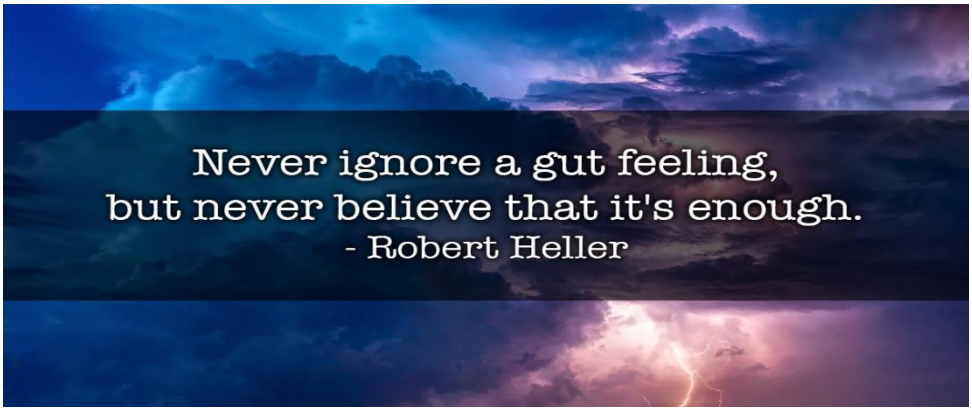
Grudges and bitterness about the past keep you focused on the wrong things. It is preventing you from acting on your goals and getting what you want out of life. It overshadows your goals and deflects from what truly matters.

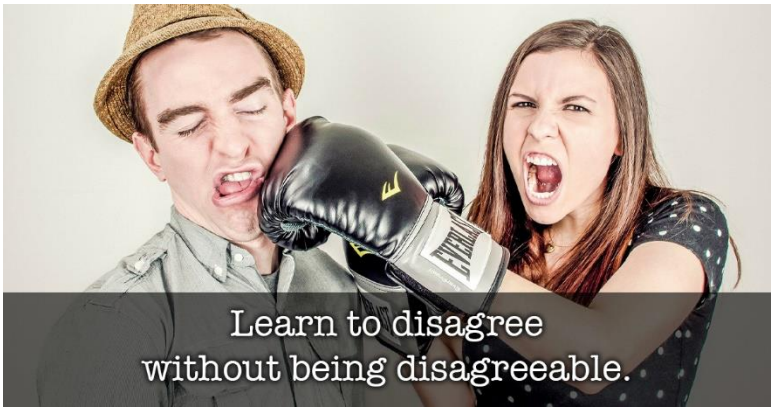
Have Healthier and Stronger Relationships

Grudges only hold on to bitterness and resentment, leading to a toxic environment and poor relationships. Taking the high road or letting go and allowing people to make mistakes is healthy for all successful relationships. Not only that, letting go means you get the opportunity to use your time more productively.

To connect and experience life healthily and happily instead of always focusing on the negativity.

In the end, you have the power to be happy. You don't need validation or forgiveness from others to do it. You can choose to forgive and let go without them. It is crucial if you want to move forward and live a stress-free and happy, successful life.







WHY YOU SHOULD NEVER BE AFRAID TO START OVER

Do you have this nagging feeling that you need to change something about your life, be it your career, living situation, or current relationship but are you too afraid to start over? If so, read on to discover why you should never be afraid to start over.

> **You can't go back and change the beginning, but you can start where you are and change the ending.**
>
> C. S. Lewis

Stand On Your Mountain of Mistakes to Succeed

As harsh as this seems to say, if you're not ready to start over, several times, you will never be truly successful. The thing you need to remember is that it is, unfortunately, true. If you want to make a change and never do, you are simply living someone else's life.

No matter how much you earn today, how many personal possessions you have, or friends you have, are you truly successful if you are not happy?

Your Mental Health Will Thank You

The constant and daily battle on whether or not you want to go for it will eventually take a mental toll if it hasn't already done so. The up and down cortisol levels will only lead to anxiety, depression, and other detrimental health conditions in the long run. Even if the experience doesn't play out the way you hope, you can finally stop questioning it and release your brain from the mental gymnastics and pressure.

Change Is Life

If you really think about it, the concept of starting over is a myth. You are not truly starting over. You are just choosing to live your life the way you want to. When you make a change, you are discovering something about yourself.

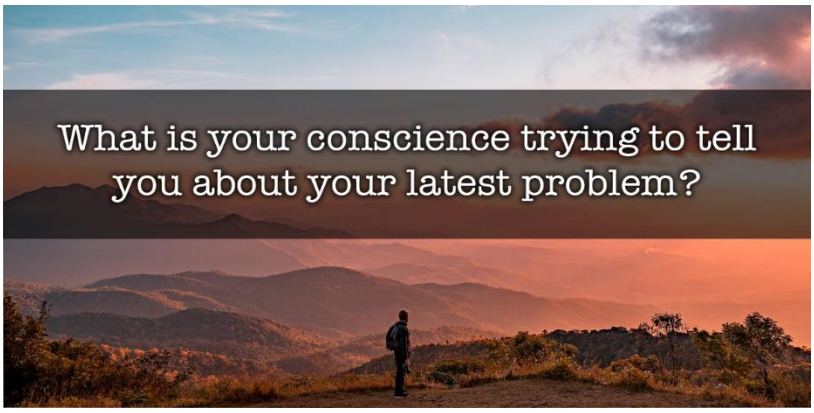
It may seem new to you at first, but it's just another chapter or experience added to your life. Everything behind you, good or bad, still exists and makes who you have become today. Starting over is simply choosing to be yourself and removing the obstacles in your way.

It Allows You to Truly Discover Yourself

Stepping outside of your comfort zone are the moments you learn who you are. Moments of discomfort or disappointment are what unlock your passions and lead to personal growth.

If you stay within your comfort bubble, you only repeat the actions that keep you in the same place. Even if you fail due to trying something new, stepping outside of that bubble forces you to see the differences.

Remember, you should never let age, fear, or even tradition stop you. If something prevents you from being your authentic and most joyful self, then leap and try. Even if you fail, you will learn. If that thing you wanted to try is not as great as you thought you still gain something powerful; a new perspective on life and understanding oneself.





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