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NEWSLETTER – February 2009 - Issue No 7

Do you need to see results by tomorrow...next week ...2 weeks time the absolute latest?
This month's Gift of Health is the
GIFT OF PATIENCE

THE GIFT OF PATIENCE

Do you need to see results by tomorrow...next week
...2 weeks time the absolute latest?

We live in an age where instant gratification is the norm. The internet has made it possible for so many aspects of our life to be taken care of in an instant! We have access to instant travel & hotel bookings, instant searching, instant job searches, instant banking, instant messages, instant e-mails and instant chat.

Then we have a choice of instant beauty (plastic surgery, liposuction and botox), instant food (take aways or microwave meals) instant exercise (machines do it for you) and instant diets (products, pills and milkshakes).

We want results and we want them now! If a "diet" / healthy eating / exercise programme, doesn't have instant (or almost instant) results then we move onto the next "solution" and if that doesn't work the next and the next.

No wonder so many people are struggling to lose weight / lead a healthy lifestyle. We've bought into the concept of instant gratification that the marketing machines in the diet and exercise industry are selling us. We believe that their "solutions" will work. When the solutions fail we think there is something wrong with us. So we get caught in a downward cycle of hope and disappointment which ultimately affects our self-esteem.

The problem is that not only have we have **forgotten how to be patient** but we've also forgotten the **rewards that patience brings**.

The reward patience brings

Think of someone successful that you admire – how long did it take them to achieve their goal? Success doesn't happen overnight. Whether a person is striving to be an Olympic sportsperson, overcome a disability, lose weight or exercise regularly they all require patience. Not minutes, hours or days of patience but rather weeks, months and years of PATIENCE and perseverance to ACHIEVE SUCCESS.

What all people who are successful have in common is patience and perseverance and the fact that they don't give up even when faced with difficulties, doubts, adversity.

Achieving success starts and ends with you. Wishful thinking is not going to get you anywhere. Yes you can get support, motivation and tools but in the end it is going to be your patience and persistence that gets you to where you want to be.

Steps to practice patience

- **Always keep the big picture (your goal) in mind.** Don't lose track because of difficulties or doubts.
- **Do at least one thing every single day to achieve your goals**
- **Achieving goals is a process** – enjoy the journey.
- **Be realistic about your goals and the time frame in which you can achieve them** – think long term.

THE GIFT OF HEALTH

Steps to practice patience cont

- **Focus on changing your mindset** – think about health not just weight loss
- **Be mindful of your thoughts and your choices.**
- **Slow down.**
- **Achieving your goal/s is just one way of measuring success.** Changing a habit or behaviour, controlling emotions, finding different ways to deal with emotions, gaining insights / wisdom are all signs that you are on the road to success and that with patience you will achieve your goal.

Patience rewarded – update on Success Stories

As anyone who has ever struggled with weight knows, losing weight is one thing, maintaining it is often as difficult, sometimes more difficult.

Maintaining one's weight is certainly not about instant gratification but rather it takes years of PATIENCE and perseverance to ACHIEVE SUCCESS.

Michele whose success story features on my website, e-mailed me to update me on what's happening in her life. It's been three years since she lost weight and got married. A lot has happened during that time but she has maintained her weight as have Dani and Judy whose success stories also feature on my website. They all continue to be inspirations.

I'll be updating their success stories in the next few weeks so keep an eye out for the updates which I hope will inspire and motivate you.

SOUL SNACK FOR FEBRUARY

When you feel like giving up because
you don't see progress
.....practice patience
just keep doing the right things
and in time you'll be
rewarded with your goal / dream

Sandy Goldberg

CALENDER OF EVENTS

Workshop dates

March:

Change your Thinking, Change your Body

Friday 6th March – Sanlam Training Centre, Bellville

Friday 13th March – Old Mutual Business School, Pinelands

April:

Change your Environment, Change your Body -

Friday 3rd April - Old Mutual Business School Pinelands

Change your Thinking, Change your Body

Friday 17th April – Sanlam Training Centre, Bellville

May:

Change your Thinking, Change your Body

Wednesday 6th May – Radiance Conference Centre, Bryanston, Jhb

Change your Environment, Change your Body

Thursday 7th May – Radiance Conference Centre, Bryanston, Jhb

For further details about the workshops go to www.uniquelifestyle.co.za

To book, complete the booking form attached and e-mail it to sandy@uniquelifestyle.co.za or fax it to 021 434 6313

GIFT OF HEALTH

WIN A MAKEOVER

With
PATIENCE
you can be your own hero
and
be an inspiration to others!

One lucky subscriber to our newsletter will win a makeover valued at R3890.00!

Prizes are

- A weight loss kit, 12 consultations & 12 personalised menu plans – Value R1490.00
 - 3 hour Image consultation with Catherine Bowen - value R 1200.00
 - 1.5 hour Makeover Photography by Mike Blignaut – value R1200.00
 - Your success story featured on Unique Lifestyle's website and blog!

Send me an e-mail (with a recent photograph attached) explaining why you think you should be chosen to win this make-over and, what 3 lifestyle habits you will commit to change *during* and *after* the programme?

While this competition is open to anyone the makeover takes place in Cape Town. Should entrants not living in Cape Town wish to participate they must be willing to pay for their own flights and accommodation in Cape Town.

Know someone who should enter the competition?
All they have to do is subscribe to our FREE monthly newsletter go to www.uniquelifestyle.co.za, enter details and press submit!

ANOTHER CHANCE TO WIN!

Win a Unique Lifestyle Gift Voucher
in our lucky draw



I am designing a new product and
I need your help!!

E-mail me a list of
reasons, excuses, negative thoughts
that sabotage your efforts to
lose or maintain your weight
Send your e-mail to
sandy@uniquelifestyle.co.za

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