

Leon Grové

Clinical Psychologist

B.A. (Hons.) M.A. (Clin.Psych.) (Pret.) SMDP (Stell. Bus. School.)

Registered with the Health Professions Council of South Africa

Tel: 033-3420027

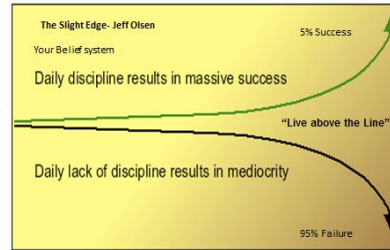
Cell:082-4435-696

Fax2email: 0866-142-620

Website: www.levgro.co.za

Email: mwlevgro@mweb.co.za

Put the 5 things done by 11am into action every day (5 by 11)



Mind

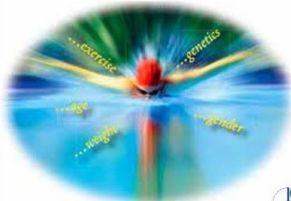


Thoughts

- We have to manage the thoughts we think and the words we speak
 - Maintain conscious control over our responses to events: **proactive vs reactive**
 - Self-awareness-**mindfulness**
- Strong empathy for others; maintaining boundaries, assertiveness
- Power of happy, joyful women: **Happy wife happy life**
- Happy workplaces, home, family, community
 - Affirmations
 - "I am willing to change"



Metabolism



Food Supporters (help you cope with stress)

- Fruit and vegetables
 - Anti-oxidants
 - Fibre
 - Bioflavonoids
- B-complex
- Minerals
 - Calcium
 - Magnesium
 - Iron
 - Chromium
 - Potassium
 - Zinc
- Certified Organic Supplements
- Purified water



Food stressors (foods to avoid or limit)

- Refined, processed or convenience or snack foods
- High-fat foods
- Sugar
- Caffeine
- Alcohol
- Tap water



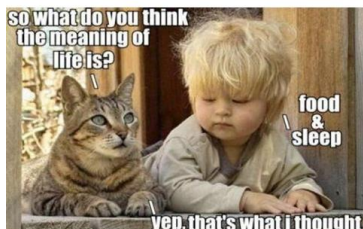
Memory / Memories



Memory Enhancers

- By eating fruits and vegetables of every colour, you are providing your brain with nutrients that promote healthy cognitive functioning and improve both short- and long-term memory
- Omega 3 (EPA & DHA)
- Siberian Ginseng with Ginkgo Biloba
- Lecithin E
- Grapes contain resveratrol which improves memory.
- Exercise
- Reading
- Sudoku

Meaning



Where do you want to be?

Focus on the important things

Have a clear Vision



Money



Money-Add Jeff ideas

- Spend less than I / we earn
- Invest a portion of my income every month
- Save a portion (2%) of my increase
- Build residual income streams
 - Networking
- Teach our children to work with money
 - Buy two bikes and rent one out
 - Robert Kyosaki-comics
 - Write a book