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Put 5 things into action by 11am 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
 - Biotin/niacin
- B-complex
- Minerals
 - Calcium
 - Magnesium
 - Iron
 - Chromium
 - Potassium
 - Zinc
- Certified Organic Superfoods
- 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

Renewing Memories

- What are you doing to create a new set of memories in your life?
 - Are you living in the past?
 - Place mats
- Photo's album's
 - Rearrange into specific timeline
 - Feel free to use same photo elsewhere
 - Photo collage of old photo's

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 Kylosaki-comics
 - Write a book