

Conquer & Flourish

Achievers





Our lives are a result of the choices we make. If you don't like your life, start making better choices. I wish you plenty of happiness in June. May you conquer life challenges and flourish daily!

NQOBILE MDIMA, ACHIEVERS EDITOR

June Declaration

I CHOOSE THE FAVOR OF GOD THIS MONTH.
I CHOOSE TO BELIEVE THAT GOD IS A GOOD
GOD AND THAT OUR HEAVENLY FATHER HAS
IMMEASURABLE FAVOR STORED UP FOR ME.

I CHOOSE TO RECEIVE GOD'S FAVOUR. I
CHOOSE TO FLOW IN IT.



Adulting

**What I wish I knew in my teens to
make better choices in my 20s**

Getting the future I want won't come easy but it's possible for me to get it.

To get the future I want will require me to change my thoughts and habits, focus on the now and do the next right thing. I need to substitute thoughts and habits that make my life undesirable with those that will create the life I want.

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.

Roy T. Bennett



Attitudes that hinder my growth

Fear: I'm scared to take a risk to change.

Pride: I don't need to change.

Laziness: I don't feel like changing.

Ignorance: I've never thought about changing.

FROM FEAR TO CONFIDENCE:

1. REAL-LIFE EXPOSURE: FACE REAL SITUATIONS THAT I HAVE BEEN AVOIDING (E.G. DRIVING, USING WEIGHTS AT THE GYM, EATING IN RESTAURANTS ALONE).
2. VISUALISE MYSELF AS I WANT TO BE. RAISE THE BAR, AND SHOW UP AS MY BEST SELF DAILY. THINK AND ACT CONFIDENTLY.
3. DO SOMETHING SCARY OR NEW THAT I HAVE NEVER DONE BEFORE OFTEN.



STILL



Be fearless in trying new things,
whether they are physical, mental, or
emotional, since being afraid can
challenge you to go to the next level.

Rita Wilson

FROM PRIDE TO OPENNESS

1. REALISE THE NEED TO CHANGE, DECIDE THAT I WANT TO CHANGE, AND CONVINCING MYSELF THAT I CAN CHANGE.
2. TRAIN MYSELF TO BE OPEN TO SMALL CHANGES (TRY COOKING NEW DISHES, ORDER SOMETHING DIFFERENT IN A RESTAURANT OR TRY NEW HOBBIES) SO I CAN BUILD THE STRENGTH AND RESILIENCE NEEDED TO PERSEVERE IN THE FACE OF THE BIG ONES.
3. OPENING MYSELF UP TO CHANGE WILL ALLOW ME TO HAVE DIFFERENT EXPERIENCES. THESE EXPERIENCES WILL TEACH ME DIFFERENT SKILLS AND WAYS OF BEING IN THE WORLD OTHER THAN THOSE I ALREADY KNOW. HAVING NEW AND VARIED EXPERIENCES IN LIFE WILL GIVE ME THE ABILITY TO BE VERSATILE AND ADAPTABLE IN A VARIETY OF DIFFERENT SITUATIONS.



FROM LAZINESS TO PRODUCTIVITY

1. FIND MY IDEAL SELF - WHAT MY BEST SELF WOULD LOOK, ACT, AND FEEL LIKE.
2. DITCH OLD HABITS THAT MAKE ME FEEL LAZY LIKE MAKING MY GOALS TOO BIG OR COMPLICATED, EXPECTING MYSELF TO BE PERFECT, NOT CREATING A PLAN OF ACTION AND LISTENING TO UNCONSTRUCTIVE CRITICISM FROM OTHERS AND MY INNER CRITIC.
3. FOCUS ON HEALTH - MAKE GOOD FOOD CHOICES, STAY HYDRATED, INCORPORATE EXERCISE, SET BOUNDARIES AND PRIORITIZE SLEEP.

FROM IGNORANCE TO SELF-AWARENESS

1. BEING SELF-AWARE WILL ENABLE ME TO DETERMINE MY FUTURE STATE AND SET REALISTIC GOALS THAT I CAN ACHIEVE.
2. SELF- AWARENESS WILL MAKE ME A BETTER PERSON. IF I CAN ACKNOWLEDGE MY FLAWS, I CAN MAKE POSITIVE CHANGE TO IMPROVE UPON THEM.
3. MAKE TIME TO EDUCATE MYSELF ON TOPICS WHICH I KNOW LITTLE ABOUT.

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