

Get out of your rut

Top South African coaches give advice about how to break stagnant routines

Hani du Toit is a speaker, facilitator, author and communication coach (communicationcoaching.co.za)

Make a list of your aspirations

Start with a vivid inspiring vision that lights you up; a detailed list of your smallest and wildest dreams. Audaciously declare and share your aspirations for life. Share your vision, intentions and commitment with others so that they live in your conversations and keep you accountable.

Seek out a community project that requires your skills. Listen with an open mind – not to agree or advise, but simply to honour what they express.

Put recovery loops in place

Dr Ela Manga, a medical doctor, specialises in energy management. Her first tip is that we take time out throughout the year to maintain our energy levels.

“Put recovery loops in place on a daily, weekly, monthly and quarterly basis. Like ‘bookends’ at the beginning and end of every day, establish a breathing practice; take three breaths every time you send an email, or before you answer a call. Put two hours aside on a weekly basis to reconnect with yourself, and monthly put a day aside to enjoy being in nature. Take a few days off every quarter to restore and replenish.

“Develop daily breathing habits. Remain aware of your

breath and learn techniques to tap into your physical, emotional and spiritual resources. A great technique to use is the Balancing Breath – inhale for a count of five through your nose and exhale for a count of five through your nose – three times a day, for five minutes at a time, six breaths a minute, and you will feel the effect immediately. Take time for creative expression – journaling, painting, movement – something that lights up your brain and your heart.”

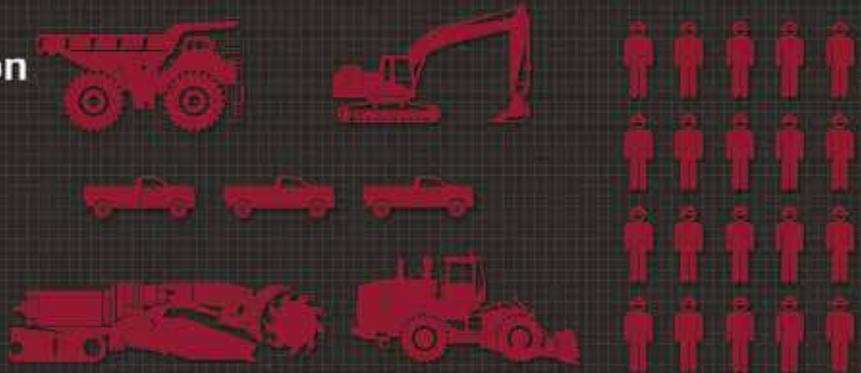
Draft your spending plan

Linda Smith Harvey, financial coach and creator of the *Abundance Money Diary* and the *Abundant Journal*, offers you ‘three Cs’ to improve your money matters.

“Set the goal for clarity by drafting your spending plan,” urges Harvey. Ask yourself: ‘Where do I want my money to go?’ The spending plan facilitates a dual purpose: it gives your money direction and a record of where it went.”

The second ‘C’ is communication. “Communicate with those who you owe money,” Harvey advises. “Ask if the interest percentage that you are being charged can be reduced. Negotiate on the monthly payments. Avoiding your debt is not going to help at all.”

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30 seconds

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Regarding bitcoin, Harvey says: "Saving comes first. Saving takes commitment. Savings allow you to become your own bank. Imagine the freedom of always having money available whenever you need it. I encourage all my clients to start with 10%, but if you can only start with 2%, start there."

Stay focused

Author of *A Different Way of Seeing*, Lois Strachan is a blind speaker, author, blogger and coach working to increase the inclusion of people with disabilities into society and the workplace. As a speaker, she focuses on helping people overcome challenges in life and business.

"Stay focused and keep your eye on the prize," she says. "Often we get so caught up in day-to-day tasks that we lose track of the goal we're working towards. Reach out – everyone needs assistance every now and then. Don't be afraid or embarrassed to ask for help."

Break work into manageable chunks

Dr Maria Phalime works with doctors and high-achieving professionals to help build the skills to move from where they are to where they want to be.

"You're painfully aware of the many plans you've had in the past that never saw the light of day," she says. "Be clear about what you want to achieve. Define your goals powerfully, based on what's important to you. Break your goals into manageable chunks with clear timeframes, and then do what's required. Build the habit of following through with your commitments. You will stumble from time to time. The most successful people regard obstacles as opportunities to learn and make adjustments."



Allow yourself to be supported

If you're a leader wanting to reach new heights, pay attention to Mandy Russell's power tips. Her Performance through People programme is where participants create authentic leadership style and increase success with those around them.

Russel says: "Be authentic – find areas in your life where you may not be being true to you and focus there. Address this and expect to have more energy, and to feel confident and happy. Learn and grow – study a short course or explore your passions further. Allow yourself to be supported. From health professionals to coaches, find someone who can be part of your A team."

"Be clear about what you want to achieve. Define your goals powerfully, based on what's important to you."

- Dr Maria Phalime

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