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WINGS

THE INFLIGHT MAGAZINE OF **ARIK AIR**

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GHANA
WILDLIFE, HIGHLIFE
AND MORE



**AFRICAN
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A NIGERIAN
GUIDE TO
HAPPINESS





VITALITY FOR LIFE

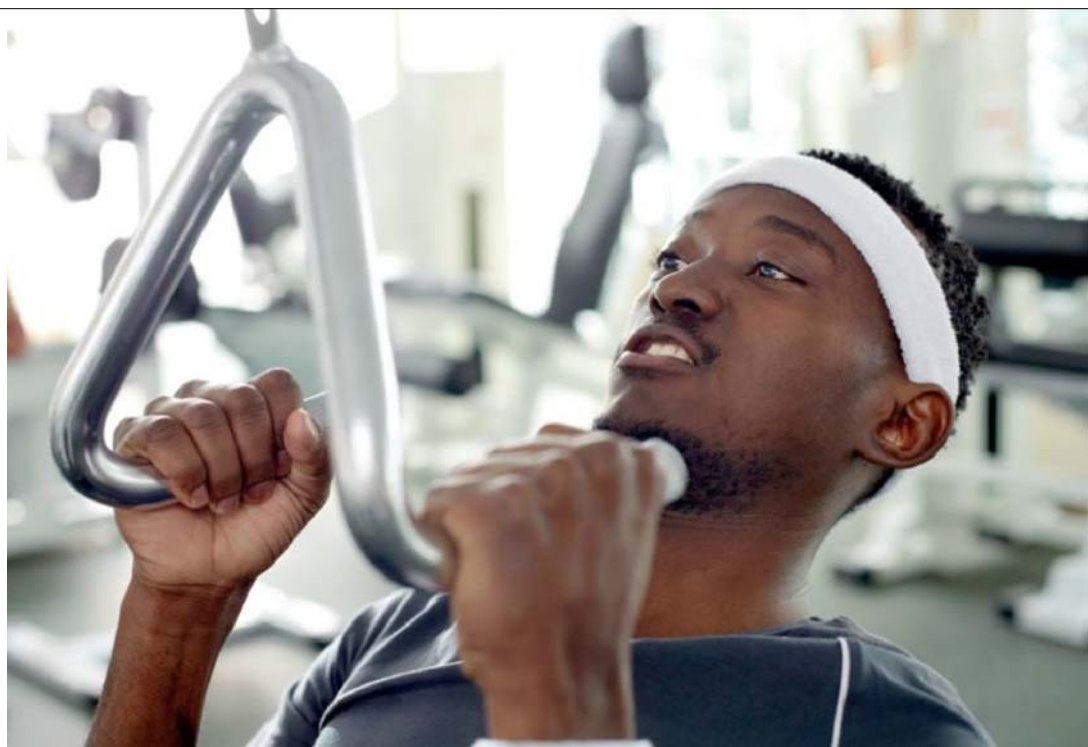
Wellness coach and author Caroline Shola Arewa's seven essential tips for raising energy and confidence

PORTRAIT *Jonathan Perugia*



Health is wealth and creating balance in life is an important part of building your inner wealth. We live in a fast-paced world where stress is prevalent. Many areas of life are affected by internal and external stressors. Relationships can be troubled, financial security challenging, careers unstable and global security is often under threat. Stress is at an all-time high. We are experiencing more change and have more choice in our lives than ever before. This often results in uncertainty, fear and can even lead to ill health. Learning to rebalance your life can help you raise energy levels, find inner stability, build confidence and ultimately enhance your overall health and wellbeing. In our world of rapid change and uncertainty we have to learn fast or risk being left behind.

For almost thirty years I have supported people worldwide to reduce stress and enhance success. As a health and success coach I devise effective, easy to apply solutions for raising energy, confidence and living life from a place of balance and ease. I have been asked to share some of the tools I use with my clients. So if you ever feel stressed, overwhelmed, uncertain, tired or low in energy, there are seven powerful ways to rebalance your life. Energy is like money. You need some to spend and some invested for later.



Fighting Fit
Just 15–30 minutes of exercise a day is enough to increase metabolism and overall fitness

Energy For Life
Caroline, below, has coached people in reducing stress and enhancing success for nearly 30 years

EXERCISE IS VITAL FOR RAISING ENERGY LEVELS

People often complain that exercise will drain energy and cause tiredness. Quite the opposite. You will gain energy through exercising. Failing to get enough exercise makes your body lethargic and overweight. Metabolic changes soon occur and a vicious cycle is entered of low energy, followed by low motivation and then there is no desire to exercise. This cycle needs to be broken and a daily 15 – 30 minute exercise routine established. Try yoga, jogging, tennis, weights, whatever works for you, even if it's simply leaving the elevator and taking the stairs. Commit to raising your energy through exercise.

A HIGH-ENERGY DIET KEEPS THE BODY FREE FROM DISEASE

Nutrition is not merely about food, it's also about energy. Why do people love home cooking? The way food is grown, prepared and served, the attitude of the cook, the colours and textures of the food all contribute to the energy and this is what nourishes. Try to eat a broad range of fresh and organic foods that resemble rainbow colours; carrots, apples, tomatoes, oranges and spinach. This provides nutrients that feed your entire system. Reduce white flour, bread, pasta, potatoes and rice. They all come in healthier whole-food coloured versions. Introduce wholemeal bread, sweet potato, red, brown and wild rice into your diet. You will immediately see an upward shift in your energy levels.

DEVELOP POSITIVE THINKING

The way that you think and speak to yourself informs everything. You talk to yourself more than anyone else speaks to you. Is your self-talk positive and encouraging or do you use terms like, "I can't," "it's too late," "life is hard?" Negative thinking and judgemental self-talk zap energy. Your mind believes everything you say. Whether you say you can or you say you can't, you are always right. If the way you talk to yourself is anything other than positive you are wasting precious energy. Change the script, sing a different tune and speak to yourself the way you would speak to a beloved friend. Appreciate the



power of your mind. It works for you 24/7, everyday of your life. A Yoruba proverb states that 'we stand tall because we stand on the shoulders of those who went before us.' This not only acknowledges those that paved the way. It also reminds us to be confident.

VISUALISE WHAT YOU WANT TO CREATE IN YOUR LIFE

Stephen R. Covey in his book, *The 7 Habits of Highly Effective People*, advised us to 'Start with the end in mind'. I tell my clients that 'clarity makes your dreams reality'. It is important to have a clear impression of what you want to manifest. Then your actions can be congruent with your vision. In your mind's eye see yourself successfully achieving your end goal. Use your creativity to visualise your accomplishments in great detail. Top athletes use this technique all the time. They see themselves winning. Whenever you set out on a task visualise yourself confidently winning.

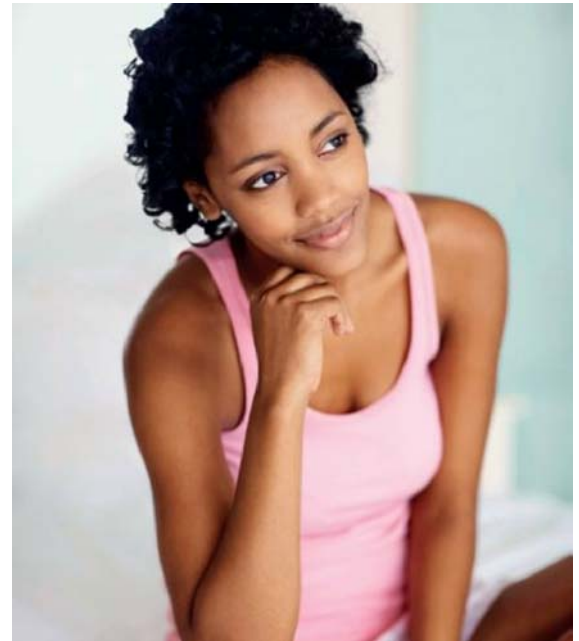
DON'T BE AFRAID TO VOICE YOUR INTENTIONS

Letting people witness your plans helps them support you. Before I wrote my first book, I told people I was writing a book. People started asking me about it and encouraging me. Eventually I started writing

and brought the book to completion. People's comments and enthusiasm supported my goal. Confidence and courage go hand in hand. They are like mind and body, when you speak with confidence you will act with confidence. So practise verbalising your goals, tell people about your plans, and give energy to your ideas. When people know what you are creating in your life, they help make it happen.

IDENTIFY YOUR MENTORS

Whose shoulders are you standing on? Think about someone you know who exudes confidence, boldness and courage. When you need to boost your confidence, clarify what actions they would take and boldly adopt them yourself. This is a powerful tool called modelling and it is used by many successful business people. Children are also great at modelling. They pay attention to the language and movements of those around them and then utilise the knowledge. Make a point of observing successful people. Monitor their internal and external behaviours. What are their values and beliefs? What strategies do they use? Where could you excel by using this information? This is a great way of benefitting from the experience of



Life Imagining
Find time to visualise and reflect. Clarity makes dreams a reality

Grateful Times
It benefits to appreciate the unfolding process of life, not just the realisation of dreams

others, while saving your own time and energy.

CULTIVATE AN ATTITUDE OF GRATITUDE

Research has shown that the happiest people are the ones who have gratitude for all that they have despite their circumstances. I encourage my clients to give thanks for all no matter how small. You don't have to postpone happiness until you have achieved all your goals. Joy is an inside job. Whenever you choose, happiness is yours. It benefits you to appreciate the unfolding process of your life, not just the realisation of your dreams. Every day we wake and take a breath is an opportunity to live life more fully, to love more expansively and learn more of life's wonderful lessons. After all life is a journey not a destination.

Life balance is the act of having as much energy coming in as you have going out. Despite the stressful times we live in and the fears we have for the future, it is possible by embracing a few simple steps to have all the energy and confidence you need to live a full and balanced life.

Caroline Shola Arewa is founder and director of Energy 4 Life Wellness Coaching, spiritual coach and author of four books, including *Energy 4 Life* and *High Energy Conscious Living*. She is also a yoga master and humanistic psychologist with extensive experience helping people make important life changes. Shola offers Energy 4 Life training and individual consultations. energy-4life.com

“Appreciate the power of your mind. It works for you 24/7, every day of your life”

