

●  
Rattle  
your cage

# IF YOU DON'T FOE ME BY NOW..

## LEARN HOW TO OUTSMART YOUR BIGGEST ENEMY IN LIFE: YOU

By Cassie White

We shoot ourselves in the foot so often it's a surprise we're not all hobbling around on crutches. Yep, all of us self-sabotage at times – whether it's overspending or overeating, we can be our own worst enemies. “Often it's unconscious, so we don't even realise we're doing it,” says *WH* stress less expert Dr Suzy Green. Here's how to stop DIY-ing disasters.

### You sabotage... your relationships

*You're seeing a top bloke who ticks almost all your boxes, but his idea of a perfect holiday is a cruise... ugh.*

**WHAT'S THE DEAL?** Fault-finding is one of the most common relationship saboteurs, says dating expert Samantha Jayne, from Blue Label Life. If you've had your heart broken, you're probably scared of it happening again. “So you find reasons not to date great men, to avoid potential hurt,” she says.

**GET IT TOGETHER** How can you tell if you're sabotaging potential love, or just can't picture yourself heading below deck? Examine whether there's alignment in your core values: “Things that are important in sustaining a

long-term relationship and growing together,” says Jayne. Remember, no one is perfect. And don’t parallel him with the douchebag ex who dumped you a month after moving in together. Instead, be honest and discuss your concerns. “It’ll bring you closer together and allow you to feel safer,” says Jayne.

### You sabotage... your career

*The more work piled up on your desk, the less of it you do. Instead, you kill hours online – anything to avoid the to-do list.*

**WHAT’S THE DEAL?** The main reason we avoid work is fear of failure, says Dr Vesna Grubacevic, a neuro-linguistic programming trainer from Qt Transformation. But research by Canada’s University of British Columbia found people who worry about workplace issues bring them on themselves. “It becomes a self-fulfilling prophecy,” she says.

**GET IT TOGETHER** Next time you’re talking yourself out of applying for a promotion, do this: 1) focus on the issue you’re procrastinating on; 2) get clear about the outcome you want; 3) picture a movie screen in front of you and see yourself on it, doing the task; 4) see it turning out exactly as you’d like, having convos with your boss and how you’d feel. By seeing the issue in a positive light, “you’ll start to look forward to it, rather than worrying about it,” says Grubacevic.

### You sabotage... your health

*Get eight hours’ sleep, don’t binge eat or drink to excess, get active daily... yep, you know exactly what you should be doing.*

**WHAT’S THE DEAL?** Most of us say health is our number-one priority, but old habits die hard. You find ways to

justify the “social” smoking and greasy takeaway dinners. The longer you practise these sabotaging behaviours, the more they become hardwired habits that are tough to break, says Green.

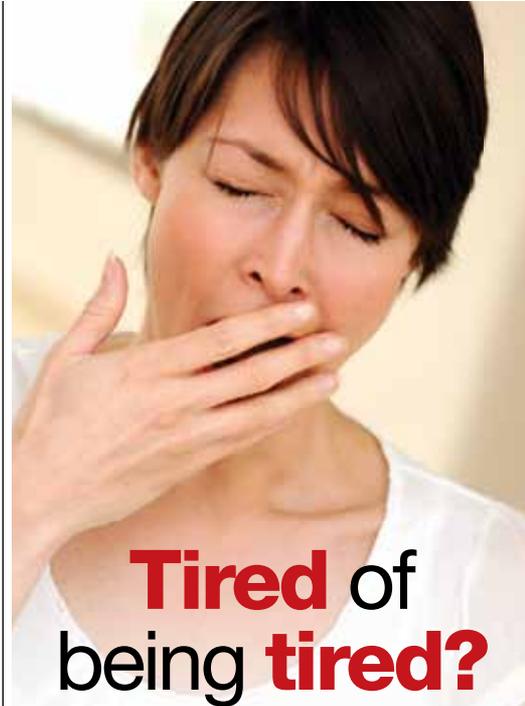
**GET IT TOGETHER** You can change well-worn negative pathways in your brain by setting a regular time to focus on what it means to be healthy, says Green. Write a description of how the healthiest version of you would live, then read it daily, visualising yourself as that person. Plaster pics and statements around home and work, too – visual triggers that’ll form healthier habits.

### You sabotage... your finances

*You’re struggling to save for a trip to France – probably because you keep burning through cash buying clothes to take.*

**WHAT’S THE DEAL?** It isn’t called “retail therapy” for nothing, says Grubacevic – we often hand over the plastic without thinking practically because we feel stressed or upset.

**GET IT TOGETHER** Be honest about the real reason you’re making a purchase. Do you really need it, or is it because you’re fighting an emotion? “The biggest challenge is confronting your behaviour, because once you’re aware of it, you need to do something about it,” Grubacevic says. People who respect money, get money, so learn to appreciate every dollar you earn. Create a budget at moneysmart.gov.au and be clear about your goals (eg. save \$5000 by December 10) – seeing the numbers will give you discipline. “You have to actually want to make the change,” says Grubacevic. Ask yourself: “What’s in it for me if I do?” An awesome time in France, that’s what. **wh**



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## THE DOS AND DON'TS OF PHONE CLEANING

### DO...

- ✦ Turn off your phone and remove the battery first.
- ✦ Use a mix of 50 per cent water and 50 per cent rubbing alcohol (vodka is acceptable) sprayed onto a microfibre cloth.
- ✦ Use cotton buds and sticky tape to remove crap between buttons.

### DON'T...

- ✦ Use household cleaners – some of them will wreck the screen.
- ✦ Press hard. Just rub gently to avoid damaging the screen.
- ✦ Think wiping it with a sleeve will do just as good a job. Clean it once a week if you want to keep the bacteria count down.



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