



FIND YOUR INNER SURVIVOR

Marian Fitz-Gibbon, a Johannesburg life coach, explains that you don't need to go onto *Survivor* to change your mindset:



"A life-changing situation is a process that challenges your current belief system; your known or unknown methods of thinking and behaving. Through the experience, you are forced to look at these facets and consider whether they can take you through the next phase of life that you need to go through," explains Fitz-Gibbon. And while not all of us will have a *Survivor* experience to refocus us, there are simple questions we can ask and tasks we can do to get a similar kind of 'shake-up':

1. Who and what do you value?
2. Why do you value what you value?
3. Write a set of principles and values for each sector of your life: spiritual, family, friends, career, finance, health and where you aim to be in life. When you live on a solid set of principles and values, then setting goals or realistic objectives in each of those sectors becomes more attainable.

You can also challenge your mindset for the better by:

- ◆ Reading inspiring biographies about people who have had to wrestle with life issues to achieve something admirable.
- ◆ Sign up for a short course to stimulate your thinking.
- ◆ See the wisdom of people around you. Ask people to mentor you, such as your boss, a minister or life coach.