



“Turning Possibilities into Realities”

The Year of Togetherness....

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Resolutions 2010



Renewal



©Photo Courtesy of Martin Constance

Recovery

Hibiscus is a primary ingredient in many herbal teas. In Jamaica and many other islands in the Caribbean, the drink is known as sorrel and is considered quite popular at Christmas time. It is served cold and mixed with other herbs, roots, and spices and sweetened with cane sugar. Often it is served mixed with Jamaican rum or wine but is also refreshing without any alcohol.



CONFIDENCE BUILDING MEASURES

THE YEAR 2010 (TWENTY TEN) *The Way Forward*

Season's Greetings to you all...

This new beginning which we are about to undertake could be considered as an opportunity for us to recognise and celebrate the true meaning of working and living in modern day, Seychelles, whereby being better able to strengthen solidarity, loyalty and pride, amongst ourselves, in projecting our unique National Identity both locally, regionally and internationally.

In so doing, let us resolve to reflect deeply on what it really means to be a **Seychellois**, to rejoice in our 'rich and diverse cultures, our traditions and to hold them dearly' while moving forward as a modern Small Island Developing State (SIDS).

In the process let us also recognise that the greatest dream in our world of today, is not so much where we are but in which direction we are moving.

And since the future of the dream is not in the dream itself, but in the dreamer, let where we are going, be our guide in 2010.

2009 has taught us that success does not come in an all - parts, included package, where **assembly** was required. Thanks to Lord Almighty we did it...and we can now all rejoice just a little...

2010 is therefore another opportunity for all of us to continue in this direction in making a substantial contribution to the sustainable development of the Seychelles Islands, our Land that we all love so dearly.

Indeed it could now be argued that the key to our long term success will be to further combine corporate culture with local knowledge and **harness**, not **obliterate** national characteristics. **For we do need to strive, not only survive.**

And the greatest gift we can give to each other in this direction is simple "a good example".

To all our worldwide partners and readers, please, accept our very best wishes for the success of your noble endeavours ahead...and a Happy, Prosperous and Peaceful Twenty Ten.

Merry Christmas to you all and many thanks for your support in 2009

May the Lord our Sherpherd continue to guide us...

Making New Year's Resolutions That Stick

by James R. Ball of the Goals Institute of the United States of America (USA)

It's that time of year when many of us start thinking about New Year's resolutions. To help you adopt resolutions **that you will stick to and achieve, here are 10 tips** from DNA Leadership through Goal-Driven Management by James R. Ball, co-founder and president of The Goals Institute.

1. Give it some thought. One reason people don't stick to their resolutions is that they aren't committed to them in the first place. **So don't just latch on to the first ideas that come to mind.** Take time to plan your goals for the New Year and identify those resolutions you will be committed to achieving.

2. Write them down. The simple act of writing your resolutions down is the best first step to achieving them. **A key to achieving any goal is to convert your thoughts to actions.** Writing out your resolutions begins, this important process.

3. Make it crystal clear. A solid resolution with clear goals gives your brain something to pursue, while a vague resolution may lead to no action. **Our minds are bio-molecular computers.** Like computers, they need specific instructions before they can function properly.

4. Create a written action plan. To increase your odds for success in achieving your New Year's resolutions, start with a plan. **Think through all of the action steps necessary to accomplish your resolutions.** Then organise them into a written plan that you can follow.

5. Break big steps into small steps. When developing your plans, break big and longer-term steps into small, bite-sized segments. If your action steps are too big, they will overwhelm you, make you procrastinate, and cause you to lose your resolve. **Make sure your action steps are detailed enough so that you can actually see yourself accomplishing them.**

6. Set milestones and deadlines. **All of your New Year's resolutions should have deadlines.** They should have plenty of interim, milestones,

too. **Deadlines are important because they firm up your commitment to your resolution.** Interim milestones are important because they maintain your motivation and your momentum.

7. Measure and monitor your progress. To stay on track keep yourself continually aware of the progress you are making. **Remember that the most important progress is daily progress.** Create charts and results and you will increase your awareness of how well you are doing.

8. Create new habits and rituals to replace your old ones. One of the best kept secrets of successful individuals is that they create or adopt habits and rituals for everything they do. **This places them on auto pilot toward their goals.** Adopting new habits is easier said than done, but once you acquire the right habits, your resolutions are all but accomplished.

9. Don't get discouraged by short-term setbacks. One of the biggest reasons individuals fail to achieve their resolution is that short-term setbacks discourage them. **Setbacks are not as important as what you do after they occur.** You must develop strategies in advance to overcome major setbacks you can foresee. Address obstacles head-on when you encounter them.

10. **Focus. For an added edge in achieving your New Year resolutions, concentrate on only one or two major resolutions at a time.** If you dilute your efforts by attempting too much at once, you run the risk of achieving none of your resolutions.

*Greater Cincinnati Convention and Visitors Bureau
Successful Meetings/December 1998*

Step By Step



Whitney Houston

Verse 1

Well there's a bridge and there's
a river that I still must cross
As I'm going on my journey
Oh, I might be lost

And there's a road I have to follow,
a place I have to go
Well no-one told me just how to get there
But when I get there I'll know
Cuz I'm taking it

Chorus:

**Step By Step, Bit by Bit,
Stone By Stone (Yeah), Brick by Brick (Oh, yeah)
Step By Step, Day By Day, Mile by mile
(ooh,ooh,ooh)**

Verse 2

And this old road is rough and ruined
So many dangers along the way
So many burdens might fall upon me
So many troubles that I have to face

Oh, but I won't let my spirit fail me
Oh, I won't let my spirit go
Until I get to my destination
I'm gonna take it slowly cuz I'm making it mine

Verse 3

Say it, baby, don't give up
You got to hold on to what you got,
Oh, baby, don't give up,
You got to keep on moving on don't stop (yeah,yeah).
I know you're hurting, and i know you're blue, I know
you're hurting but don't let the bad things get to you.



Land Tortoise (@KOT MAN-YA)

BOTTOM LINE

Dave Pelzer's *Life Lessons*

From a man who knows...

**KNOW WHAT YOU WANT AND BE
DETERMINED TO MAKE IT
HAPPEN...IN 2010**

Sit down, spend some quality time with yourself, and discover from the deepest recesses of your heart what is truly important to you.

***Find it. Hold on to it. Live it.** No matter how hard it may be, keep a positive attitude. Don't take setbacks personally. Look at them as opportunities to see what you're truly made of. **Never lose sight of your objectives.** But please don't lose yourself in the process – stay grounded and appreciative of the everyday 'little' things in life. Don't be too hard on yourself, for you will fall down; yet it is getting up that truly matters.*

***Find something, do something, every single day** that brings you one step closer to your goals and reward yourself for your valiant efforts, no matter how insignificant they may seem.*

***'We all need a reason to get up in the morning'
And Together "YES WE CAN"***