

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Who's The Boss?

10 WAYS TO START TAKING CONTROL OF YOUR LIFE

Often times people who face constant challenges develop negative thinking patterns because they become frustrated by their challenges and frequent feelings of being overwhelmed. This negative outlook then makes it even harder for them to manage those challenges and move forward.

Practicing positive thinking will help you focus on your strengths and accomplishments, which increases happiness and motivation. This, in turn, will allow you to spend more time making progress, and less time feeling "down" or "stuck." The following tips provide practical suggestions that you can use to help you shift into more positive thinking patterns:

1. Take Good Care of Yourself

It's much easier to be positive when you are eating well, exercising, and getting enough rest.



2. Remind Yourself of the Things for Which You Are Grateful

Stresses and challenges don't seem quite as bad when you are constantly reminding yourself of the things that are right in life. Taking just 60 seconds a day to stop and appreciate the good things will make a huge difference.

3. Look for the Proof Instead of Making Assumptions

A fear of not being liked or accepted sometimes leads us to assume that we know what others are thinking, but our fears are

usually not reality. If you have a fear that a friend or family member's bad mood is due to something you did, or that your co-workers are secretly gossiping about you when you turn your back, speak up and ask them. Don't waste time worrying that you did something wrong unless you have proof that there is something to worry about.

4. Refrain from Using Absolutes

Have you ever told a partner "You're ALWAYS late!" or complained to a friend "You NEVER call me!?" Thinking and speaking in absolutes like 'always' and 'never' makes the situation seem worse than it is, and programs your brain into believing that certain people are incapable of delivering.

5. Detach from Negative Thoughts

Your thoughts can't hold any power over you if you don't judge them. If you notice yourself having a negative thought, detach from it, witness it, and don't follow it.

6. Squash the "ANTS"

In his book "Change Your Brain, Change Your Life," Dr. Daniel Amen talks about "ANTS" - Automatic Negative Thoughts. These are the bad thoughts that are usually reactionary, like "Those people are laughing, they must be talking about me," or "The boss wants to see me? It must be bad!" When you notice these thoughts, realize that they are nothing more than ANTs and squash them!

lifeline

Words of Wisdom

"Have Patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them — every day begin the task anew."

— Francis de Sales
17th Century Bishop of Geneva
and Roman Catholic Saint

(Continued on Page 2. See "Take Control")



KIDS ZONE

Kickin' Kids Korner



Using the grid below, how many words can you find? Each word must contain the central **M** and no letter can be used twice. The letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 38 words. Good: 31 words. Average: 24 words.

W	I	E
H	M	L
A	E	N

All Words: ahem, aim, aime, almeh, am, amen, ami, amie, amin, amine, anime, elemi, elm, eme, enamel, enema, haem, haemin, halm, ham, hame, helm, hemal, heme, hemin, hemline, heimal, him, hm, lam, lame, lawmen, leman, lima, lliman, lime, llimen, llimn, ma, mae, mail, malle, main, male, malling, man, mane, maw, mawn, me, meal, mealie, mean, meanie, **MEANWHILE**, mel, men, mental, mew, mewl, mi, mien, mill, mile, mina, minae, mine, nam, name, neem, nema, nim, wame, whalmen, wham, wheelman, whelm, whim.

Common Words: ahem, aim, am, amen, elm, enamel, enema, ham, helm, hem, hemline, him, lam, lame, lawmen, lima, lime, ma, mail, main, male, man, mane, maw, me, meal, mean, **MEANWHILE**, men, mew, mewl, mile, mine, name, wham, whim.

Healthkick

Committing to a Healthier You

Smart Snacking Tips

Are your kids always begging for prepackaged cheese, crackers and lunch meat? Don't give in; make your own healthier version. Pick up a few reusable containers with dividers, and add fruit, veggies, cheese, whole grain crackers and other good stuff they love. Add a frozen container of milk, water or 100 per cent fruit juice to keep things cool until it's their snack time.

To make healthy snacks visible, cut up fruit and veggies ahead of time and put them front and center in your fridge. And make a habit of saying "look in the fridge" first (rather than the cupboard where the cookies and sweets are stored).

"Jazzy names" also work well. Try making lunch meat "cigars" (roll two types of lunch meat together) or make "Ants on a log" – celery spread with peanut butter or low-fat cream cheese and topped with raisins. Your kids will love them!

("TAKE CONTROL OF YOUR LIFE" — Continued from Page 1)

7. Practice Lovin', Touchin' n Squeezin' (Friends & Family)

You don't have to be an expert to know the benefits of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant pick-me-up. One research study on this subject had a waitress touch some of her customers on the arm as she handed them their checks. She received higher tips from these customers than from the ones she didn't touch!

8. Increase Your Social Activity

By increasing social activity, you decrease loneliness. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way!

9. Volunteer for an Organization, or Help Another Person

Everyone feels good after helping. You can volunteer your time, your money, or your resources. The more positive energy you put out into the world, the more you will receive in return.

10. Use Pattern Interruptions to Combat Rumination

If you find yourself ruminating, a great way to stop it is to interrupt the pattern and force yourself to do something completely different. Rumination is like hyper-focus on something negative. It's never productive, because it's not rational or solution-oriented, it's just excessive worry. Try changing your physical environment — go for a walk or sit outside. You could also call a friend, pick up a book, or turn on some music.

Upcoming Events

September 4-6.... Labor Day Vacation (Studio Closed)

September 11..... Open Saturday

September 18..... Rank Tests (By invitation only. Times vary.)

September 25..... Reeds Karate Nationals -- Weddington, NC



Think!

Clarissa still can't believe it. She and her best friend, Dawn, just had a terrible fight. It really was all Dawn's fault. The two of them had made plans to go shopping for school supplies last week. They had arranged to meet at the mall at 11:30 a.m., shop, then go to get something to eat at the food court. Well, Clarissa was there, but Dawn wasn't. Clarissa waited over an hour until she finally called her mom to come get her. Not only did she not get her school supplies, but she got good and angry as well. Then to make it worse, Dawn didn't even call her until the next day. She had completely forgotten about it, and in the meantime, had gone out and bought her school supplies.

The misunderstanding grew into a big argument. Clarissa and Dawn exchanged angry words. The conversation ended with both girls vowing never to see one another again.

It has been three days since the argument, and Clarissa hasn't heard a word. She promised herself that she would not call until Dawn apologizes. But she misses Dawn. They have been friends since the third grade. It just doesn't seem the same without her around. Just then the phone rings. It's Dawn, and this time she

starts off with, "I'm really sorry. I feel really bad about what happened. I was helping my mom at home and completely forgot about going to the mall. Will you forgive me?" Now that Dawn has finally apologized, what should Clarissa do? Should she . . .



- A) Accept Dawn's apology but tell all her friends that Dawn is unreliable?
- B) Accept Dawn's apology but constantly remind Dawn about the time she stood her up?
- C) Refuse to accept Dawn's apology until Dawn goes out and buys school supplies for her?
- D) Get mad all over again about the incident and hang up on Dawn?
- E) Accept Dawn's apology, offer her own, then forget about it?

To know how Clarissa should respond, read Matthew 18:21-22.

MEMORY MINDER

**Missing Class? Please Let us Know.
Call or e-mail.**

Parents of Lil' Ninjas (ages 3 & 4), Mighty Mites (ages 4, 5, & 6) and students in all other classes should keep instructors informed whenever they will miss class for scheduled appointments, family outings, or illness.

We would also like to hear from parents who may have administrative questions, issues or concerns.

If no one is available in the office, please keep us informed by leaving a message at (803) 783-5425 or send an e-mail to info@lifeforcekarate.com

September Birthdays

Jacob McCracken—09/04

Carter Taylor—09/04

John Lastinger Jr.—09/17

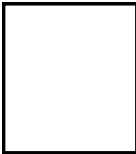
John Evan Owen—09/23

Lane Gregory—09/23

Luke Williams—09/24

Zach Davis—09/28





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