

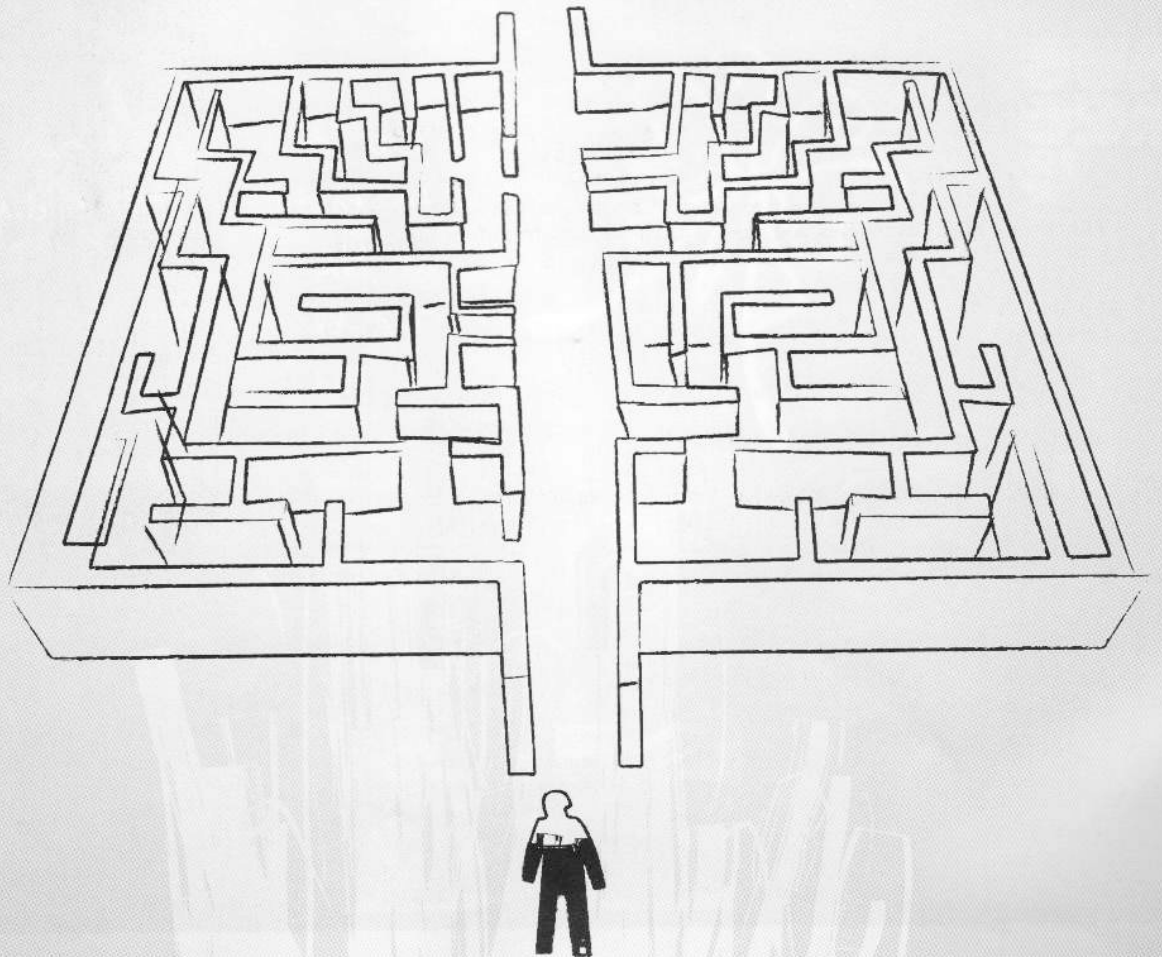
New Year, New You

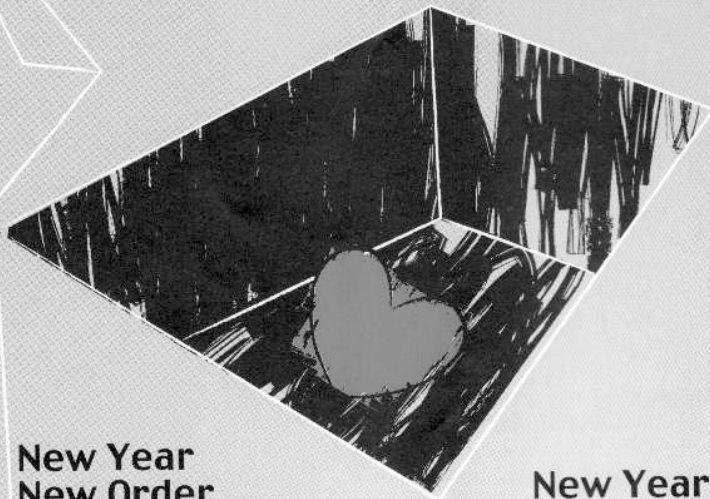
words Chitra Panjabi
illustrations Dylan Hewitt

New Year – it's a time for ringing out the old and partying in the new. It's also a time to look back and see what we can do to make life better in the coming 365 days. One way is to make a few well-placed New Year's resolutions. But for how long will any of us be able to keep those promises to ourselves?

It's the same story every year – the new year begins and we vow to do better, achieve more or quit something and it all goes well until the old habits sneak up and, once again, we have to say to ourselves resignedly, "At least I tried and, anyway, there's always next year..." Well bc are saying no more (hey, we are guilty too!); we searched out the professionals for advice on how to help us stick to our goals – and achieve them.

6





New Year New Order

There are times when clutter and mess can drive you mad. You know you have to clear it all up, but not only do you not know where to begin, you've got to find the time to plan and do it. No matter how hard we try, some of us just can't seem to make the time, but with Kristin Lowe's company, Organising Solutions, you can tackle the mess.

8

For both home and office, the first basic step to organizing, says Lowe, is to focus on a small area. "Often when we organize, we think of rearranging things. What you should actually do is choose a small area and completely remove everything from that area and sort it into three piles: keep, don't keep and a maybe keep. Eventually you'll come down to what needs to stay and what needs to go," says Lowe.

Once you've done that, you can begin to store what stays in a way that keeps things organized and tidy. Perfect places for storage units, or furniture that encourages good organization, are IKEA, MUJI or, for more high-end units, Shambala in Horizon Plaza. Other Japanese home stores are also excellent says Lowe, because the Japanese are so used to having little space in their homes. Lowe's company can also provide organizational plans for helpers, should you be unable to carry through the organization of your space yourself.

A new year often means a new home and for those planning on moving base, Lowe has a handy tip: pack your boxes with your new house layout in mind – if those books in your bedroom will end up in the study at the new place, label the boxes they're packed in for the study. It will make things easier both for the movers and your unpacking.

You can contact Kristin to help you organize your home or office at www.organisingsolutions.com, or via email info@organisingsolutions.com. For enquiries call 2251 1511.

New Year

e
w
P
a
r
t
n
e
r

All you need is love according to the Beatles and not many of us would disagree. Finding your special someone is often much harder than it should be, but perhaps that's because we're not prepared. Pia Muggerud, a life and relationship coach, helps people understand themselves better so they can find a suitable partner.

Muggerud says its very important to look at the basics when choosing a partner – what is it that you really look for? Ideally you should write down two lists: one of non-negotiables – things that cannot be compromised, for example non-smoker, vegetarian and so on. The other is what Muggerud calls "a nice wish list": things you would like your partner to have but aren't absolutely necessary – dark eyes, likes dogs and so on. By writing these things down, you discover a lot about yourself, what values and ideals you really have, and what it is you're truly looking for in a person.

Past experience is important too: what's worked before and what hasn't are good indicators of what you want and what you should be searching for. Also, use friends, family and colleagues as resources – these people may have a better idea than you do yourself and they can help you on your hunt for a suitable partner.

Although a lot of this seems like common sense, most people tend to ignore such basic steps when looking at relationships – and dive headfirst into muddy waters. But does using a relationship coach to find a partner take away from the spontaneity of it all?

"It can seem like that," says Muggerud. "But I'm not asking my clients to follow a strict regimen, I'm asking them to be aware of those things they are looking for and have fun with them. Slot appropriate questions into conversation to find out more about your date."

That may require more deftness than some people are used to, but Muggerud points out she is able to help with that too. She can advise people how to feel less awkward on dates and understand the dynamic of how to make a date run better.

But her number one tip for finding a new relationship is: "Be open to things and realise it can happen anywhere."

Contact Pia Muggerud for life and relationship coaching by emailing pia@co-pia.com