

## **Recession Busters for each of us**

**Choose your attitude** - maintain a positive outlook. Abraham Lincoln, who suffered many setbacks in his life, once said “A man is about as happy as he chooses to be” when he was asked about his generally positive and happy demeanour. People like to be around positive people.

**Be active** – participate in community activities and social groups, you will meet and share with others and it is also a great networking opportunity.

**Be pro-active** – set goals, plan and set out to achieve them, take immediate action. Take control and become the cause of things in your life.

**Be a survivor**– survivors find ways to progress and they learn from all their experiences and celebrate all victories however big or small.

**Does not be a recession victim** - We all share the burden; this is not being done to you personally. This crisis is across society and across the globe, you are not alone.

**Make a Budget** – take charge of your finances and prepare a budget, involve the whole family and discover ways to cut costs while still having some fun.

**Find low cost entertainment** – discover or rediscover the fun of playing board games, or cards with family or friends or walking in the bush or a trip to somewhere nice that doesn't require “wads of cash”.

**Know the recession will pass** - understand that economic “booms” and “busts” come and go. Every “bust” has been followed by a recovery and every “boom” by a correction. History shows that each high point has been surpassed in the following cycle or two. How long? - is the question to be answered.

**Opportunities abound** – many people shut up shop during tight times leaving gaps in the market for those who can take advantage of them.

**Do a good turn every day** – the psychological benefits of assisting someone else last for hours. Baden Powell had it right and you may wonder if he truly recognised the impact.

**Be aware** – There will be many false opportunities. Use good judgement, research investments or jobs, get good advice from trusted professionals and never forget the rule of thumb that says “the higher the return the greater the risk and the more likely it is a scam”.

**Be true** – know and understand how this crisis has really affected you, not how you think it has, and work from there to build or rebuild your future. Take stock of all your assets, liabilities, income and expenses and the environment in which you operate. Get evidence; do not make decisions based on presumptions or operate from fear (feeling expectations as real).