

**Contents:**



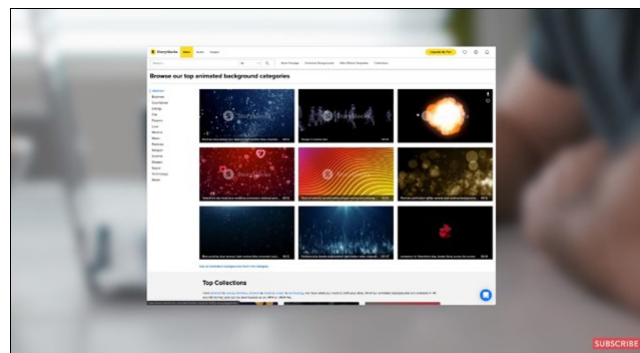
**Just How Safe Is Scuba Diving?**

**2**



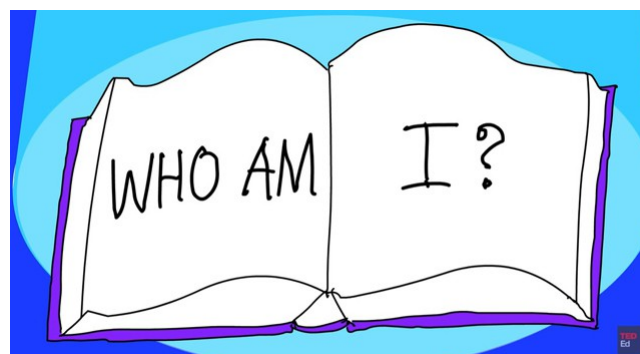
**Examining our Thoughts and Decisions**

**3**



**Tips for Managing Time Efficiently**

**4**



**Identity: Who Are You?**

**5**



## **Just How Safe Is Scuba Diving?** (reading – 6.9. - 12.9.)

by: **Nelly Bee**

One of the most common things that people say when discussing whether or not they would ever try scuba diving is that they are worried about how safe it actually is. It is a valid concern, after all, this is an activity that involves diving into the unknown world that lurks beneath the surface of the water. The human body is not designed to survive underwater, so it is natural to be a little apprehensive about doing it. With that in mind, let's take a look at just how safe scuba diving actually is!

### Is Scuba Diving Dangerous?

There is not really a definitive answer to the question, 'is scuba diving dangerous?' The truth is that yes, it can be dangerous. However, it is not dangerous in the same sense that something like free-running is considered dangerous. It is more comparable to the type of danger involved when crossing a busy street. There are risks involved, but if you take the necessary precautions and do not take unnecessary risks then the likelihood of you getting hurt while scuba diving are minimal.

### It's All About The Training

Making sure that you are safe when you go scuba diving all comes down to having the appropriate training. No reputable dive tour company would ever just let you into the water without prior training! It is important to learn the basic concepts of safe scuba diving at the very beginning and you will go through all of the same checks and safety drills over and over again until they become second nature and these same checks and drills are going to be what you actually do in the water. Safety is paramount when it comes to scuba diving and the training courses recommended by PADI (Professional Association of Diving Instructors) have been developed over more than fifty years based on scientific and medical research as well as personal experience of divers to make sure that it offers an excellent grounding in safety.

### Your Basic Scuba Diving Safety Checklist

To give you an idea of the type of safety checks that we are talking about, take a look at this brief summary of the type of checklist that is performed once all divers are in their scuba gear and ready to enter the water. It is by no means an exhaustive checklist and it is not a substitute for the appropriate PADI approved training, but it will give some idea of what to expect. The way most divers remember the checklist is through the use of the acronym BWARF which some people remember by saying 'Burger With Relish And Fries!' The letters stand for the following:

**B:** Buoyancy or BCD - It is important to make sure that everything is connected properly, the dump valves are in working order and the tank is fastened securely.

**W:** Weights - You then make sure that your weight belt is fastened securely and that the hand release is set.

**R:** Release - Check all of the releases to make sure that you know how to release them in an emergency. You also need to make sure that they are all properly fastened.

**A:** Air - Double check your air is on and check your buddy has their air on too. Check your pressure level and make sure air is going to the primary regulator and the octopus.

**F:** Final OK - Last of all you do a final check to see if your mask and fins are on properly and check that your buddy is okay too.

One thing that holds many people back from trying scuba diving for the first time is that they have safety concerns. However, when the right safety drills and checks are in place scuba diving is no more dangerous than driving a car or crossing a busy street.

About The Author

Article Source: [http://EzineArticles.com/expert/Nelly\\_Bee/968523](http://EzineArticles.com/expert/Nelly_Bee/968523)



## **Examining our Thoughts and Decisions** (reading – 13.9. - 19.9.)

by: **June Stepansky**

My thoughts move me

in a multiplicity of directions.

I think I shall.

I thought I should.

I won't.

I will.

My thoughts,

the harbingers of my future,

propel me

somewhere.

Our thoughts and decisions determine our lives. It is empowering to realize that if we are not content with the direction of our lives, we can change that direction by changing our thoughts. Our decision making process is difficult and requires careful examination because so many outside forces affect those decisions: our families, our communities, the prevailing thinking of the day. All these put pressure on our ability to make wise decisions. Because of this, it is important that we understand ourselves well and learn to examine our thinking and our decisions carefully so that they reflect the life that we really want for ourselves.

The greatest discovery of my generation is that human being can alter their lives by altering their attitudes of mind. - William James

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens. - John Homer Miller

## About The Author

June Stepansky is a published writer and poet who writes books about happiness, self-improvement and social and political issues--[adifferentvoice@live.com](mailto:adifferentvoice@live.com)

Article Source:

<http://www.articlebiz.com/article/1051650465-1-examining-our-thoughts-and-decisions/>



## **Tips for Managing Time Efficiently** (reading – 20.9. - 26.9.) by: **Calum Macleod**

One thing that people constantly wish they had more of other than money is time. We are time rich in our youth and time poor as we grow older. It's one of those clichéd sayings that 'Time is money' but it's a cliché because it's true. Were rich entrepreneurs born with more time than the rest of us? Of course not, but they find ways to manage their time so that they have enough to go around.

Whether you have lots of business or personal tasks that need attention, having a lax attitude to time management can lead to an avalanche of tasks that will never get done. This not only restricts the flow of new and on-going tasks but can also cause an unnecessary mental burden which can lead to stress.

So how do you make the most of your time? There are some simple things you can do to make sure that your time is being spent on the right tasks and that you are managing your time efficiently. I see time management in three stages. Information, organisation and discipline.

### 1. Get informed

You no doubt know what tasks need doing but are you aware of the importance of each and how long they will take. Even if you have an idea in your head of the time you need for a task it can help to write it all down. Keep a record of the time it takes to complete tasks so that you will be better informed in the future. An hour can very easily turn into an afternoon. Once you know or have estimates about the time you need think about the importance of each task. Are some tasks time critical? Are some far more crucial than others? Write all of your tasks down on paper and rate them on their importance.

### 2. Get organised

Now that you are informed about what needs done as a priority and how long it should take you can assess how much time you actually have and see if the maths add up. If you simply don't have enough time you have a couple of options. You can only do the tasks that you feel need to be done or you can get some help. If you run a small business this can range from outsourcing your call answering or bookkeeping to doing your shopping online to save you time for other tasks.

### 3. Get disciplined

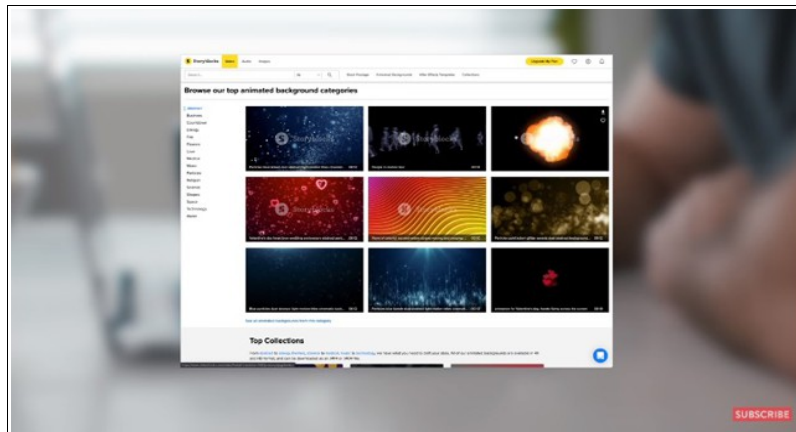
None of the above will work unless you are disciplined in how you go about it. You can write as many to do lists as you like but if you are not keeping one eye on the time it takes to complete a task you will find that the avalanche of tasks will return to overwhelm you. Being disciplined with time is not an easy thing to get right as there will always be unforeseen circumstances in play and distractions on every corner. One great tip that has served me well is to do the worst thing first. If there is an item on your list of high importance that you are not looking forward to that's the one to do first. This is as much for the mental boost as anything else. Having a task weighing on your mind all day while you are carrying out work you're enjoying doesn't help anyone. How much more will you enjoy the work once that horrible task is ticked off?

About The Author

If you need to take control of your time and outsource your call answering visit Blue Square Telephone Answering.

Article Source:

<http://www.articlebiz.com/article/1051570489-1-tips-for-managing-time-efficiently/>



**Identity: Who Are You?** (reading – 27.9. - 3.10.)

by: **Linda Hancock**

I recently watched an interesting video in which Paul McCartney was asked about the break-up of the Beatles. He explained that this was a shock and when it occurred he didn't get out of bed for days. The interviewer asked if he had been worried about money. Paul's reply was powerful. He stated that he wasn't thinking about money at all. He was just trying to adjust to the fact that he was no longer a Beatle.

You see Paul's whole identity had been wrapped up in his role as part of a famous group. Everywhere the Beatles went there were throngs of screaming fans who would do anything just to be near the four rock stars. Their reputation and fame were recognized on a world-wide scale. For ten years they couldn't do anything wrong. John, George, Ringo and Paul shared a unique bonding and daily experiences that few ever even imagine. They wrote and made music together, travelled together and had enmeshed identities that didn't offer any outside balance.

And then it was over!

Paul didn't know who he was outside of the group. His entire identity disappeared and he was helpless in

knowing how to deal with that let alone move forward on his own.

Many of us get caught up in similar situations. We invest all of our time and energy into one job and then, when it is gone, think we are without value. Some individuals are left feeling empty when a relationship ends and there is nothing and no one to help them through the crisis. They have allowed the relationship and other person to define them. Those who identify themselves with riches are left personally destitute when their riches disappear.

Identity is about knowing inside that you have value no matter what is going on around you. It is not arrogance or narcissism but a healthy understanding that you are here for a reason and have a purpose. It is more about who you are and what you can give than about what you own.

If you want to improve your identity consider the following:

1. You are a unique individual unlike anyone else on earth. No one has your exact looks, skills or viewpoints.
  2. There is always opportunity to change or improve yourself. You can learn new skills, adopt a most positive attitude, and set healthier goals.
  3. Expanding and balancing your interests, relationships and activities will help you to build a solid foundation for the future so that if one thing ends you will not be in crisis.
  4. Other people need and want you in their lives. It truly is better to give than to receive but when you give, you usually also receive.
  5. One person can make a difference in the world. Just think about Mother Theresa, Mandela, Edison or even Dr. Seuss!
  6. Fame does not necessarily define value or worth and, as experienced by Paul McCartney, can be fleeting.
  7. Each day holds the opportunity to start over (or do better)!
- I wish you the very best as you consider and improve your identity!

About The Author

And now I would like to invite you to claim your Free Instant Access to a complimentary list of 10 Steps to Making Your Life an Adventure when you visit <http://lindahancock.com>

From Dr. Linda Hancock, Registered Psychologist and Registered Social Worker

Article Source: [http://EzineArticles.com/expert/Linda\\_Hancock/152728](http://EzineArticles.com/expert/Linda_Hancock/152728)

