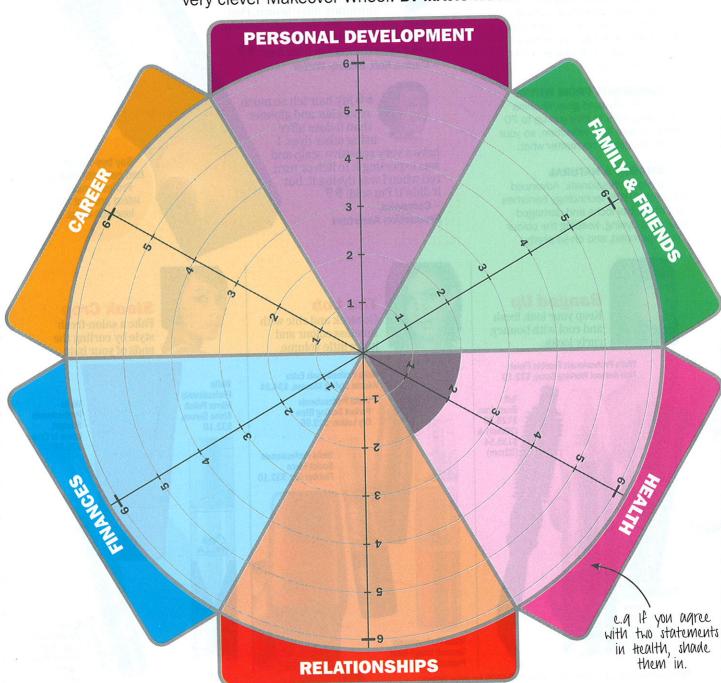
# SET READY TO CONTROL OF THE PROPERTY OF THE PR

Does your life need a pick-me-up? Whip it into shape with the help of Cosmo's very clever Makeover Wheel. BY MAVIS NGUI



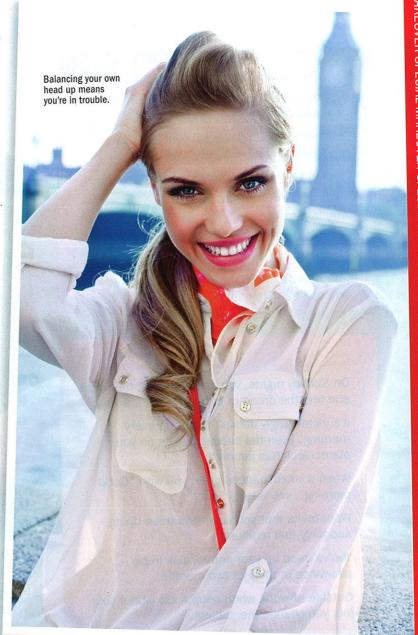
Sometimes, life can feel a bit unbalanced. Maybe you've been putting more hours in at the office. Perhaps you've given up on your gym routine. Or it could be your love life has fallen by the wayside.

In our crazy world it can be easy to let certain areas slip without noticing. "But it's so important that all aspects of your life are even," says Li Kun Qi, an ICF certified coach at **Executive Coach International.** 

"Neglecting one part for the sake of another will cause unhappiness, illness, and resentment — from the people around you or yourself."

But worry not. Getting a grip and making your life over is easy — you've just got to pinpoint which bit is out of whack. Let our quiz help you, and provide tips on turning things around. We feel a whole new you coming on ...

READ THE STATEMENTS BELOW. WHEN YOU AGREE WITH ONE, SHADE A SECTION IN THE **CORRESPONDING MAKEOVER** WHEEL OPPOSITE. START SHADING FROM THE CENTRE, MAKING SURE YOUR SHADING MATCHES THE LIFE AREA.



### **Finances**

- Despite a steady rise in your pay, you never earn more than you spend.
- You only pay your bills once every three months, and that's because they threatened to go all Judge Judy on you.
- In the week before payday, you're living off stale bread and water.
- You have 10 credit cards and all of them are charged up to the limit.
- Insurance? What insurance?
- Your investment plan is caviar face cream, because the best investment in life is you.

### Health

- No matter how much sleep you've had, you still feel shattered the next morning.
- You count doughnuts as breakfast, and pizza is one of your five-a-day, right?
- The only vitamin you get is vitamin D on the lunch run to the deli in your building.
- Your bathroom breaks are get-out-of-my-way, full-bladder dashes.
- Your food pyramid consists of coffee, cookies and cup noodles.
- The exercise gear you bought from last year's sale are still in their plastic.

### Personal Development

- Opportunities are just additional pressure in disguise.
- You've only been twice but your yoga membership has expired ... again.
- Your gut says "Go!" but your mouth mumbles, "Maybe next time."
- The last me-time you had was so long ago, Britney still possessed her v-card.
- You don't know what a hashtag is.
- You never start on crossword puzzles because you can't finish them.

### Career

- On Sunday nights, you start to count the hours and feel the dread of another week starting.
- It's increasingly difficult to get up every morning. Even the snooze button on your alarm clock has jammed.
- When your colleagues greet you with "Good morning", you retort, "Is it?"
- Work tasks that you've always been doing suddenly feel tedious.
- You've used up your annual sick leave allowance in the last two months.
- Outside of work, when people ask about your job, you change the subject.

# Relationships

- Your boyfriend suggests trying something new in bed and you present him with low-fat, sodium-free popcorn.
- Date nights feel like drag nights.
- You can count on one hand the number of times you've had sex in the past ... year.
- Every serious conversation you've initiated with your guy ends without a resolution.
- Your parents think you've made your boyfriend up since every time they ask him out for dinner, he's "busy".
- When he asks, "Why do you love me?" you're stumped for an answer.



# Family & Friends

- You can't remember the last time you sat down for Sunday lunch with all your family.
- While out you catch sight of a friend you haven't seen for a while, and dash off hoping she hasn't seen you.
- Missing Daddy's 60th birthday bash is no big deal — Adam Levine's live performance here is more important.
- Your best friend gives birth and the first thing you say is, "Drop those pounds, girlfriend. Jessica Alba only took one month!"
- You never pick up your mum's calls, since all she does is natter on about your neighbours.
- You see photos of your best buds having "The most awesome girls' night out EVER!" on Facebook. Strange, you didn't get an invite.

ANSWERED THE STATEMENTS AND SHADED THE MAKEOVER WHEEL? THE MOST SHADED LIFE AREA IS THE ONE THAT NEEDS A REBOOT, PRONTO. READ THE FACING PAGE TO FIND OUT HOW ...

# Conclusions It's a rebooty call!

### **FINANCES**

Yes, five-inch Louboutins are great, but you've got to manage your money.

"Extensive retail therapy is used by people to fill a hole in their lives," says Li. "However, it's only a brief relief." Sit down and study what your money goes to exactly. Check out Expensify, a free app that tracks your cash and card expenses, bank accounts and inputs. Li also suggests taking note of what mood you're in when you spend — are you splashing your cash when you're unhappy, stressed, or tired? There may be a linked pattern, which once identified will help you get a better handle on your finances.

### **► HEALTH**

Feeling shattered all the time? Proper nutrition (no, sugar-coated fried rings don't count), regular exercise and sleep are the key to keeping your body in top condition. "Get yourself an exercise buddy to motivate you, or form an exercise group, suggests Li. Sleep well and swap takeaways for home cooked food. Take regular bathroom breaks to avoid infections and give your eyes regular mini-rests from

your computer screen.

saying you're time strapped — if you want to eat, feel and live better, start today.

### **PERSONAL DEVELOPMENT**

Chances are, you've been putting yourself in the backseat for a while. Stop prioritising work or other responsibilities above the most important person in the world — you. If you're not feeling fabulous, how can you manage other aspects of your life well? "Sometimes what you really want gets lost," says Li. "Me-time gives you the space to hear your own internal voices." When you feel at breaking point, time off from work won't kill your career. Say yes to new experiences because stepping outside your comfort zone can jive things up a little. Join a hiking club and explore Mother Nature! Pamper yourself with a spa day! A little self-love will go a long way.

#### **► CAREER**

You can't remember the last time you leapt out of bed on a weekday. Your job is dragging you down and you need to take action. Try to get a perspective by imagining you're stuck in this position for the next 10 years and write down the things that you dread most - whether it's your colleagues or the long hours, this will help you to focus on what's causing your gloom. If it's your job scope, speak to your superior about new challenges to excite you. "Leave your job when you're not getting the value you want — whether it's money, growth or excitement," says Li. "Company policy or your work environment is a huge limitation that cannot be changed in the short term, so see if you can re-frame your attitude towards this." In the mean time, imagine you're leaving your job next week and list the things you'll miss. Stick it somewhere visible sometimes all you need is a reminder of what you enjoy about your job to help you fall

### **▶ RELATIONSHIPS**

for the 9 to 5 again.

His jokes are no longer funny and bedtime is about as exciting as watching paint dry. A healthy, functioning relationship is like a toned, worked out body — you've got to exercise regularly to keep it up, or you'll go out of shape. "It's a sign that your relationship has hit a plateau when you both feel jaded," says Li. "But it doesn't mean the end — it just means you need to focus your attention. Start by opening up to new possibilities and opportunities. Do something unexpected." Research conducted

at the University of Denver has shown that having fun with your partner strengthens your relationship over time. So, surprise him with a picnic under the stars at Marina Barrage. Or whisk him away on a snorkelling trip. Whether it's leaving the country on a whim or hiding small love notes in his pockets, your gestures will stoke the sparks of your love that have fizzled. He'll come up with some ideas of his own once he

notices how happier you both are so it'll be win-win!

# **► FAMILY AND FRIENDS**

Of course, you love your family and friends, but sometimes relationships need a little fine-tuning. Often, it's a lack of communication or time that leads to problems so figure out what's the cause. Was there a row? Will taking a step back resolve it? Do you just not get along? Whatever the issue, a little quality time together will go a long way towards strengthening your bonds and get you back on track. "To maximise meet-ups, arrange to see people in a group so you get to hang out with all of them in one go," says Li. "A WhatsApp group chat is also a good idea as it's not only fun, it feels like you've caught up with

everyone!"■