

PROTIPS WEEKLY

Volume 1/January 1-5, 2007

Happy New Year! Thanks so much for making Protips a part of your daily routine. I enjoyed reading your emails but I do need to apologize for the loooooong delay in responding to your requests.

Will you forgive me for keeping you waiting? Let me make up for my shortcomings by giving you... **Protips Weekly**. This is a compilation of what I air on Protips for the entire week.

I hope you won't miss on the radio feature though. Listen everyday over 702 DZAS (and other FEBC provincial stations) around 7 a.m. You may also download Protips audio from www.febc.ph. Click on the Pinoy Connection icon.

I would appreciate hearing from you. You might want to share tips that have worked for you in the office or you might have questions or suggestions in mind. Drop me a line at protips@febc.org.ph.

Be a blessing in the workplace today!

Maloi

Deal or No Deal: Dealing with Pressure Effectively by: Maloi Malibiran-Salumbides

We all know Daniel of the Old Testament because he miraculously survived the deadly fangs of the lions in the den. That was probably the greatest pressure he had to deal with in life. And, overcome it, he did with much gusto and faith.

But before effectively dealing with that grade A challenge, Daniel already passed many tests and trials in life. It all began in Daniel 1:1-21. His first challenge - Food! "But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself."(Daniel 1:8)

What's wrong with eating the king's choice food? It may look trivial for some of us. But for Daniel, subjecting himself to the diet of a pagan king would

be compromising his own beliefs and convictions. So, he had to say No! Reading on, you would find out that God favored Daniel because he knew how to stand his ground. Daniel didn't give-in to pressure.

What are the principles that Daniel followed to deal with pressure effectively?

Decide early: Make up your mind not to compromise early on in life.

Discipline: Do what is right consistently.

Dabarkads: Choose friends wisely.

Deep walk with God is essential to surviving life's pressures

Depend on God: Be humble!

As the year starts, I hope that these tips will help you deal with pressure the way God wants you to handle them. Say No to Pressure. Say Yes to God!

New Year's Resolutions and God's Top Ten by: Maloi Malibiran-Salumbides

I checked out two websites to find out the top ten resolutions that people make at the start of the year and here are the lists.

From www.about.com the top ten common New Year's resolutions are:

- 1) Spend more time with family and friends.
- 2) Fit in fitness.
- 3) Tame the bulge.
- 4) Quit smoking.
- 5) Enjoy life more.
- 6) Quit smoking.
- 7) Get out of debt.
- 8) Learn something new.
- 9) Help others.
- 10) Get organized.

The 1st Government's website pretty much repeats the above except for a couple of resolutions. Compare the following with the previous list.

- 1) Lose weight.
- 2) Pay off debt.
- 3) Save money.
- 4) Get a better job.
- 5) Get fit.
- 6) Eat right.

- 7) Get a better education.
- 8) Drink less alcohol.
- 9) Quit smoking now.
- 10) Reduce stress over all.

Do you have your own list of top ten resolutions for 2007? It's amazing to know that thousands of years ago, God also made a ten point list. However, these are not resolutions but commandments - The Ten Commandments.

- 1) Do not worship any other gods besides God.
- 2) Do not make idols of any kind.
- 3) Do not use the name of the Lord your God.
- 4) Observe the Sabbath.
- 5) Honor your mother and father, that your days may be prolonged in the land which the Lord your God gives you.
- 6) Do not murder.
- 7) Do not commit adultery.
- 8) Do not steal.
- 9) Do not testify falsely against your neighbor.
- 10) Do not covet your neighbor's house; do not covet your neighbor's wife or his servants or his donkey or anything that belongs to him.

When I reviewed this in Exodus 20:1-17, I noticed that if we abide by God's commandments, we would actually be closer to attaining most of our resolutions.

The first three commandments deal with having a right relationship with God. If He is foremost in our lives, everything will fall in their proper places. We find our purpose in God - not in money, not in our human relationships, not in our professional success.

God knows that He must be #1 in our lives because if He is not, we will be in shambles. Our world will be topsy-turvy. We will look for our purpose in all the wrong places and we will end up confused, stressed-out and drained.

Only God can satisfy us. If He is our #1, we will be contented. If we are satisfied there will be no reason for us to covet what our neighbors or colleagues have.

See it for yourself. Check out how obeying God's commandments are so much related to what most of us really want - a fruitful, harmonious and stress-free life.

Start the year right. Make God #1 in your life today!

Start the Year RIGHT!
by Maloi Malibiran-Salumbides

Here are easy to remember tips for starting the year RIGHT:

Remember the blessings of 2006. Remember the goodness of God.

Initiate. Don't wait for opportunities to knock on your door. Create opportunities. Don't wait for others to befriend you. Initiate and be a friend to someone.

Give. It does not have to be monetary. Give of yourself, your time, your presence, your words of encouragement. Give and you will realize that you are not poor after all.

Honor God and others.

Think right. Right thoughts become right actions.
