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A Fresh Financial Year + A Fresh Perspective = Time for Mental Spring Cleaning

As we enter a new financial year, it is the perfect moment to pause - not just to review budgets and plans, but to take stock mentally.

Consider it a little spring cleaning for the mind.



In all honesty: most of us spend a fair amount of time and energy trying to influence things that are simply beyond our control. It is completely natural – we are wired to seek certainty, push for progress, and feel in command. But here's the hard truth:

**Trying to control the uncontrollable
only leads to anxiety, frustration,
and burnout.**

So, what is the solution?

*Focus on what you can control –
your mindset, your reactions, your priorities.
Release what you cannot control to
make room for what truly matters.*

**It starts with a simple,
but powerful shift in
mindset**



What can we control?

1

Our mindset:

We cannot always choose our circumstances, but we can choose our responses. A shift in perspective can turn a setback into a stepping stone, or a delay into an opportunity to regroup. Mindset shapes how we show up in every situation, ready for battle.

2

Our effort and focus:

Outcomes may be uncertain, but how you show up - your commitment, quality of work, and where you direct your attention - is entirely within your control. Focus is your secret weapon in a noisy world.

3

Our boundaries:

Saying no, asking for help, setting limits - these are not signs of weakness, but of self-awareness. Boundaries protect your time, energy, and mental well-being so you can perform at your best.

4

Our attitude towards others:

We cannot dictate how others behave, but we can choose to lead with empathy, patience, and professionalism. In challenging situations, our attitude can be the anchor that keeps a team steady.

Why all this matters

Whether you are leading a project, supporting a client, or navigating the day-to-day challenges of work and life, keeping your focus on what you can control is not just grounding - it is empowering.

Letting go doesn't mean letting things fall apart.

It means clearing the clutter - so you can concentrate your efforts where they will have the most impact.

So next time you find yourself overwhelmed or spinning your wheels,

Pause. Take a breath. Ask yourself: "What can I influence right now?"

Put your energy there - and feel how much lighter, more focused, and more effective you become. Here's to a new year of growth, clarity, and intentional progress!

“You can't calm the storm... so stop trying. What you can do is calm yourself. The storm will pass.” - Timber Hawkeye