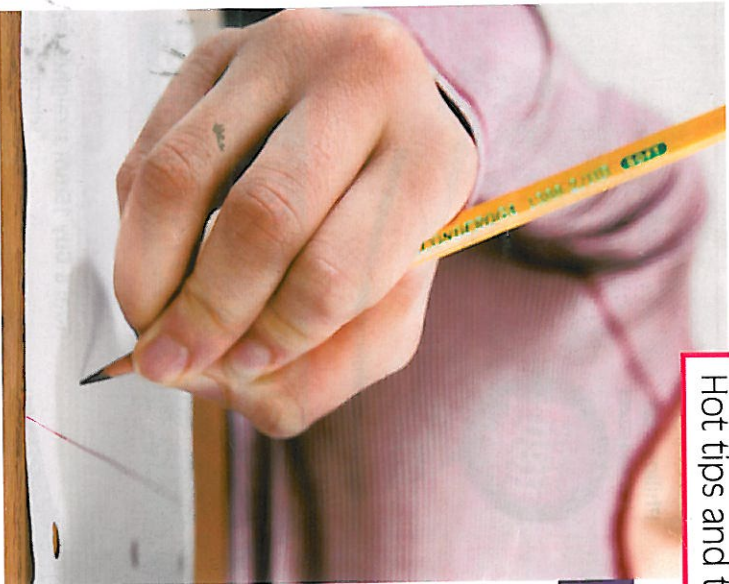


HOT LIFE!

Hot tips and tricks to enrich your life



A doodle a day...

Your handwriting can say a lot about you! Scribbling, doodling and even the spaces between the letters in your writing can all indicate certain personality traits. According to graphologists (handwriting experts), men usually show signs of anxiety through their writing in the form of illegible words or variable letter size and slant. People who choose to write in print rather than cursive are usually analytical and direct and tend to enjoy a good problem-solving challenge. Experts have also studied scribbles and doodles and they believe these can predict whether your personality is warm or anxious, for example. Doodling hearts, flowers and circles may indicate a desire to communicate and engage with others, while scribbles and scratches are said by graphologists to show anxiety and restlessness. You can also read certain personality traits into whether your handwriting slants to the left or to the right. So the next time you meet someone new, why not ask them to write something down for you? You might discover something very interesting!

Pssst... Eating certain foods will help you to be more productive at work, concentrate for longer and keep your brain fit. Try including pears, plums, kidney beans, hummus, raisins or tuna in your diet more often for a better you!

TAKE NOTE:

5 JUNE
is World
Environment Day

16 JUNE
is Youth Day

Flying the flag of hope

Have you heard of The Hope Factory? It's a fantastic organisation that aims to empower previously disadvantaged South Africans to become self-reliant and productive. Graduates are trained in business, technical and life skills and have the opportunity to gain practical experience so they can become economically productive. The Hope Factory has a job placement rate of 87 percent for its graduates! How can you support this fabulous initiative? Clicks is selling beautiful beaded flag badges made by Hope Factory graduates at till points. Available at selected stores from R29,99.

