



## the mind trick that helps you succeed

**H**eadling into a tough presentation? Rather than imagining you're standing at the podium looking out into the crowd, try replaying the scene in your mind as if it were a movie with you as the lead character. A new study published in the *Personality and Social Psychology Bulletin* found that people who visualise themselves completing a challenging task from the third-person perspective did better than those who pictured themselves from the first-person viewpoint. "It allows you to step back and see what it would look like to achieve your goals, which can be very motivating," says co-author Professor Roger Buehler.

To put this strategy into effect, find a quiet place where you can close your eyes and relax. Then select an event and mentally go through the actions – including the part where you come out on top.

**calling all fab mums!** Citispa Symphony celebrates motherhood with the Most Fabulous Mum 2008. On top of cash and prizes amounting to \$10,000 for the winner, expect loads of fun and excitement when the competition opens at Hougang Mall over the Mothers' Day weekend. Every participant will receive a \$50 gift bag. If you're a married mother with at least one child, send your entries with your name, contact no, and a recent picture to [enquiry@citispa.com.sg](mailto:enquiry@citispa.com.sg).

**MOTHERS AND DAUGHTERS** Wong Li-Lin, recently appointed True Yoga's latest face (and body), shares her thoughts on motherhood, and talks about her own relationship with her mother.

**\* What about motherhood surprises you?** I find myself digging really deep to be a better individual, so that my children can model their behaviour on me, rather than what I say. It's not an easy thing to do. I also find myself more focused than ever to try to provide for their financial stability, safety, happiness etc.

**\* How would you describe your relationship with your mother?** It was estranged but we are moving towards renewal one step at a time. It is really important to respect the other person's difference and not

judge, or take it as a personal affront. I have found that once I stop allocating the "right" or "wrong", and situate instead, how I would have like to be treated if I were in their shoes, I get on with a decision that sits right by me most of the time.

I have not spent very much time with my mother for a while now. Essentially, renewal means being willing to spend time together not just for the sake of it, but also to relearn what it is like to be a daughter and mother at the same time.

**\* How would you like your kids to remember you?**

With a smile and with the warmth only the truly loved can feel. I would also like them to know how thankful I am they are in my life.

**\* What is your idea of the perfect Mother's Day?**

A sleep in would be so awesome. And not having to tell anyone to put away their shoes, toys or clothes would be nice too!

