

## Zikhethele ubomi obufunayo

Ukuba ngumntana ofikisayo, ucinga ukuba uya kuphila unaphakade kwaye akukho nto inokwenzakalisa kungoko usenza nje udlala endleleni phakathi kweemoto, ubalekisa xa uqhuba ube ungafakanga nebhanti, usenza nantonina eyingozi. Amanani obalo abonakalisa ukuba abantu abatsha bayonzakala kwaye bayafa ngenxa yokuba abacingi ngeziphumo zezinto abazenzayo. Ungazikhethele ukuba uqaphele ulumke ungangeni enkathazweni. Zikhethele ukuphila!



## Yisebenzele imali yakho

Ungazikhethele ukugcina imali. Ziqhelanise nokubeka imali nokuba usemncinci. Imalana encinci iza kukhula ibe ninzi ukwazi ukwenza amaphupha akho ngenye imini. Imali ayikwenzi ukuba ube sisityebi kodwa indlela oyichitha ngayo yiyo ekwenza isityebi. Kufuneka uzazi ukuba izinto uzifuna ngoku ( usebenzise icredit card) okanye ulinde ude ukwazi ukubhatala isambuku semali. Amakhadi okuthatha ngetyala ingazizo izigebenga ezikhuthuza imali yakho ngenzala yazo. Susa amakhadi okuthenga ngetyala usebenzise ikhadi lakho elinemali ukuze ukwazi ukulawula imali yakho. Ukuboleka imali ukuba ufuna ukubhatala izinto ozifunayo xa uyibhatala loo mali uyibhatala kabini ngenxa yenzala yayo ephezulu. Lawula imali yakho ngokubhala phantsi kwiikholamu ezimbini: imali engenileyo nemali ephumileyo. Ungakwazi ukugcina imali eshiyekileyo. Zikhethele ukusebenza nzima nangokuzimisela. Akukho nto iza lula (mahala)!

## Ukunceda

Zikhethele ukuzibandakanya kwizinto. Ukuba isitalato simdaka sigcwele inkunkuma ququzela uhlanganise abantu nicoce isitrato senu. Ukuba elwandle kuzele iplastiki ezimdaka qokelela abahlobo bakho nicoce ulwandle lwenu. Ukuba ikhaya labadala elisekuhlaleni, ikritshi zifuna ukupeyintwa – zibandakanye nawe ube yinxenye yoko kwenziwayo. Ukuba kukho umntana ofuna ukuncediswa yiba ngutishala wakhe. Xa sinceda abanye siva kamnandi kuba siyawubona umahluko esiwenzileyo. Wonke lomsebenzi uwenza ungalindelanga nzuzo/ mvuzo uya kubonakala kakuhle kwiCV yakho!

## Abanye abantu

Nokuba sicinga somelele kangakanani na, siya bafuna abanye abantu. Siyakuthanda ukuhlonitshwa ziintsapho zethu, sifune ukuziva samkelekile kubahlobo bethu. Singazikhethele indlela esizabuphatha ngayo ubudlelane (relationships) nabanye abantu. Ukuba sigxeka abanye abantu ngalo lonke ixesha nabo bayakusigxeka. Kufuneka sibakhe abanye abantu. Kufuneka sibenobubele singasoloko singudubinkonzo apho sikhoyo. Kufuneka sithethe ngomlomo kwiziganeko ezifuna oko singasebenzisi ukulwa nobundlobongela. Abahlobo bakho mabame nawe ukujongana nebhuli/ nabo benza ngesinyalimani bengakhathalelanga ukuba omnye uva kanjani. Umntu oyibhuli angaba yiyo kuphela xa abo bakunye naye bemvumela ukuba abe yiyo. Bakhuze bayeke lonto!



## Zifunele into yokwenza

Ukuba ulinde uFather Christmas, urhulumente okanye lo mntu wakho wasemaphupheni ukuba akunike ezo zinto uzingqwenelayo ukutsho uya kulinda ixesha elide ulinde into engekho. Kufuneka ufunde ukuba uyenze ngokwakho ilakha yakho. Akukho msebenzi? Zenzele umsebenzi. Kusoloko kukho imfuneko yokwenza into okufuneka wena khangelako kufunukwenziwa. Ukuba kukho umntu ofuna ukusa into endaweni wena yise. Kukho umntu ofuna uncedo wena mncede. Imali ke ayikokuphela kwendlela yokuhlalwula. Ungenza umsebenzi wena ufumane izinto/impahla!

## Zikhethele umntu oza kuba ngumzekelo akubonise indlela

Zikhethele umntu oza kukucebisa akufundise akubonise indlela yokuphila nokwenza izinto. Ayizokude ibe ngumntu owazi yonke into kodwa kufuneka ibe ngumntu oza kukumamela ngentlonipho; oza kukwazi ukujonga nzulu izinto ezikhoyo ekunye nawe; oza kukwazi ukukuthumela abanolwazi olungcono nabangazuku hambe bethetha ngento yakho kwabanye abantu. Lo mntu makavuselele akhuthaze ithemba kuwe!



## UBOMI BAM NGOKU UBOMI BAM NGOMSO:

### Phila bona ukuze uphumelele

*Izinto ezimbalwa umntu omtsha  
ekufuneka acinge ngazo*

## Uzikhethela isigqibo esifunwa nguwe

Usolelo unayo indlela yokuzikhethela isigqibo osifunayo. Ngamanye amaxesha kunzima ukusithatha isigqibo kodwa usolelo unaso. Into nganye oyenzayo nozikhethele yona isolelo ineziphumo. Kufuneka uzijonge iziphumo uzikhethe ubone ukuba zeziphi onokukwazi ukuphila nazo kunye nezo zingakulungelanga. Ukuba unenkolo okholelwa kuyo imithetho nemimiselo ingakukhokelela ukuba uthathe isigqibo ezithile. "Uze ungebi" lowo ngumthetho. Ukuba uthatha oko uya kuyazi into omawuyenze ukuba umntu ohleli ecaleni kwakho ebhasini ulibele indondo zakhe zexabiso esitulweni! op die sitplek vergeet!



## Yenza into eza eya kukuthwala ubomi bakho bonke

Ukufumana isetifikethi sematriki lucango lokuqala elikuvulela ikamva eliqaqambileyo. Xa unayo imatriki ungakwazi ukufunda uye phambili, ungakwazi ukufaka isicelo somsebenzi okanye ufumane i-intenshiphu. Ungasithatha eso sigqibo xa uqonda ukuba imfundo ibalulekile kuwe. Xa usenza eso sigqibo akuvumeli nanye into ikuvalele ukuba ungayi kufikelela kwimatriki ngoko ke uzinikela ngakumbi kulento uyenzayo. Akukho lula ukufunda ngeli xesha abanye bonwabile belibele ziipati. Khangela imisetyenzana engazukuphazamisana nesikolo uphangele xa ufuna imali yokuthenga iincwadi ozidingayo kunye nezinto zokuthambisa. Sebenza kakhulu ngexesha leholide ingakumbi kwiminyaka emibini yokugqibela. Ukuba ufumene amanqaku ancumisayo ungafaka isicelo sebhassari kulo nyaka wenza ngawo imatriki ukuze uqiniseke ukuba uyaqhubeka nokufunda. Jonga amacandelo awohlukeneyo emisebenzi. Ikhona eminye imisebenzi ngaphandle kwamagqhwetha nootitshala. Ii-electricity niplamba zingafumana imali eninzi ngeyure kunogqirha!

## Ukuyenza okanye ukungayenzi!

Njengomntu omtsha ufuna ukwenza izinto ezintsha. Oko kuquka ukucinga ngokwabelana ngesondo. Hayi, ayinguye wonke umntu owabelana ngesondo. Baninzi abazikhethela ukulinda bade babe badala okanye bagqibe imatriki okanye bade baphangele. Isigqibo sokuba ufuna ukwabelana ngesondo nini kufuneka ibe sesakho wedwa. Ungangeni emgibeni othi, "Ukuba uyandithanda uya kwabelana ngesondo kunye nam". Ngumntu nje ozama ukukulahlekisa lowo. Nantonina oyenzayo qinisekisa ukuba ukhuselekile. Ukusebenzisa ikhondom kunye nezinto zokucwangcisa (iipili, inaliti, IUD, implanthi) ziya kuthintela / khuselela ukukhulelwa kunye nezifo ezosulelayo ezifana neHIV. Ukuba uye wanyanzeliswa ukuba wabelane ngesondo qinisekisa ukuba uya kwiziko lempilo ufumane unyango ukunqanda ukukhulelwa kunye nezifo.



## Ukutyebe makuphele

Ingaba ukhathazekile malunga nokutyebe kakhulu kwakho? Khangela ukuba ubunzima bakho obufanelekileyo kufuneka bube ngubani. Umsebenzi wezempilo angakwenza oko ngokusebenzisa iBody Mass Index/Table. Ngamanye amaxesha ubunzima bomzimba wakho buyaqhubeka buyakhula kude kufike imini apho uya kuthi uvuka ibe impahla yakho yonke ingakulingani. Uya kuzibona ukuba umkhulu oku ingathi uyindlovu xa uzijonga uya kothuka. Kufuneka ukuba ukhe ume ucinge nzulu ukuba uza kwenza ntoni ngomzimba wakho. Ukuba utya kakhulu awenzi nto emva koko, oko kutya kuya kuba ngamafutha emzimbeni. Ngoko ke, yitya ukutya okufanelekileyo nokusempilweni: Iziquhamo, imifuno, usele amanzi kakhulu. Ukutya ibhega kunye netshipsi kube kange ngempela-veki kukuzonwabisa. Kodwa ukuba leyo yinto yemihla ngemihla oko ke kukubawa (okungekho mpilweni). Kutye amaxesha ambalwa ukutya okufrayiweyo. Zama ukuba imizuzu engama-30 ngosuku ube nento oyenzayo ngomzimba wakho—nokuba uphakama nje uhambe kungcono kunokuba ugenzi nto. Ingaba ukhe wazama ukwazi ukuba kutheni usitya kakhulu kangaka /uziphinda ngoku utyile/ ugqibezela ukutya okushiyiweyo ngabanye abantu? Mhlawumbi abazali bakho basolelo bexabana okanye akunamali yaneleyo yezinto ozifunayo okanye unexhala leemviwo? Ukuba ungakwazi ukwenza into malunga neengxaki zakho yenze kodwa ukuba akukwazi ziqhelanise nemeko leyo. Ukuthetha nomntu omthembileyo kunganceda.



## Zikhethela iMpilo

Ukuzikhethela indlela yokuphila engcono nesempilweni oko kungakanceda ukuthatha izigqibo ezifanele nezilungele impilo yakho. Inxeny yoko kukudlamka komzimba. Ukudlala imidlalo yamaqela afana nesoka yeyona nto ilungileyo kwabanye kodwa ke oko ayikokomntu wonke. Kungenzeka ukuba ufune ukwenza into ezakwakha izihlunu zomzimba (body building) okanye iZumba okanye ukubaleka. Mayibekhona into okhetha ukuyenza (ungahlali nje ubukele umabonakude). Ungazama ukuthatha izigqibo ezisempilweni malunga nokutya nokuzilolonga kodwa ngamanye amaxesha ziyenzeka izinto ezoyikisayo emzimbeni. Ukuba uneqhuma okanye uyopha naphina apha emzimbeni wakho kufuneka uye ekliniki uyokujongwa oko. Ukuphoxakala yinto eqhelekileyo kodwa ukugula yinto engewukwazile ukuyinqanda kubi kakhulu. Ukuba kufuneka usele unyango olufana nee-ARV's zisele ngendlela oyalelwe ukuba uzisele ngayo. Ngamanye amaxesha singaziva sidakumbile kakhulu okanye siphazamisekile umhlawumbi into engangeeveki ngamanye amaxesha. Eli lixesha lokuthetha nomntu kuba "ukuthetha kwenza uve kabuhlungu kodwa kona ukuthula kuyabulala".

## Zikhethe iitshomi/ izihlobo

Unganabo abahlobo abasela kakhulu utywala, abasebenzisa iziyobisi, abatshayayo icuba nabadovolayo (gamble). Bakhona baninzi abakhetha ukungazenzi ezi zinto. Le yimikhuba eyingozi engakhokelela ekuguleni, kwindlala kunye nokufa. Kufuneka umntu aziqonde izinto ezifanelekileyo ukuba angazenza. Ngoko ke, bambelela kwezo zinto. Mhlawumbi kufuneka ukhethe ezinye iitshomi/ izihlobo ukuba ezo unazo ziyakunyanzela ukuba wenze izinto ongafuni ukuzenza. Ukuba ubona ngathi le mikhuba iyabulawula ubomi bakho kufuneka uthethe nomntu ukuze ufumane uncedo ukuze iphele lonto

**Tsalela iLifeLine ukuze ufumane uncedo: 021-461 1113 meer advies.**

