

NEWS WITH AVC



Revisiting Your Resolution

Many of us start the year with new goals and ambitions, but often find ourselves falling back into old habits within a few weeks. However, it's never too late to get back on track!

If you are feeling like re-starting your resolution or you'd simply like to start a new one, we have 5 helpful tips to help you reach your goal.

Tip 1. Choose your goal and be specific.

Choosing a clearly defined goal is the first step to accomplishing it and being specific is key!

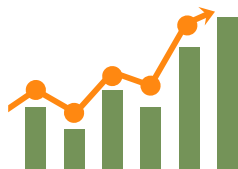


TIP 2. WRITE IT DOWN.

WRITING OUT YOUR GOAL HELPS TO CONNECT AND REMIND YOU OF THE REASON YOU BEGAN.

TIP 3. BE REALISTIC.

GOALS WITH UNREALISTIC TIMELINES OR DIFFICULTY CAN FEEL INSURMOUNTABLE, BECAUSE THEY ARE! GIVE YOURSELF TIME AND RESPECT YOUR CURRENT POSITION.



TIP 4. TAKE BREAKS.

WORKING TOWARDS GOALS CAN BE FATIGUING. ALLOW YOURSELF TIME TO RECOVER, REFOCUS AND RETURN WHEN YOU ARE READY.

TIP 5. CELEBRATE SMALL VICTORIES.

REMEMBER, EACH STEP TOWARDS YOUR GOAL IS A STEP WORTH CELEBRATING!



STAFF NEWS

Andrew

Travelling to Nuremberg for 10 days to visit viola playing Eli!

Mark

Mark is about to farewell his eldest son on his 'Post-Uni' 3 month holiday before starting his 'adult responsibility' life working full time.

Nathan

Nathan is excited for his wedding in September!

Louise

Travelling to Nuremberg for 10 days to visit viola playing Eli!

Kara

is getting ready to head on maternity leave and looking forward to some family time at the coast.

Kathryn

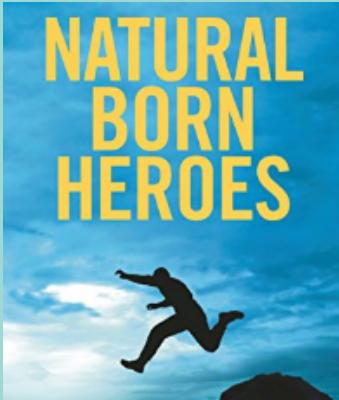
Kathryn is very much looking forward to a few weeks off - wineries here I come!

Antonia

Antonia is excited to turn 21!

Emily

Is excited to join the AVC team!



What we are reading:

Natural Born Heroes

By Christopher McDougal

My Productivity Tool

As a busy young Chiropractor, I am always looking for ways to maximize my productivity. Recently, I came across a productivity tool called 'the Pomodoro Technique'.

This technique has 5 steps:

1. **Choose 1 task**
2. **Work on the task for 25 minutes**
3. **Take a 5 minute break**
4. **Resume working for another 25 minutes and repeat up to 4 times.**
5. **If you need more time to work on the task, increase your break time to 15-30 minutes following the 4th cycle.**

Personally, I tend not to exceed the 4th cycle even if my task isn't complete. Instead, I switch to a new task using the same method, to keep me feeling engaged. Let us know if you found this technique helpful.

RECIPE OF THE MONTH

INGREDIENTS

- 1 large pumpkin, peeled (approx. 900 g), seeds removed
- 4 cm fresh ginger, peeled
- Coriander
- 4 garlic cloves, peeled and finely sliced
- Groundnut oil (or your preferred oil)
- 1 red chili, finely sliced
- 4 shallots, peeled and finely sliced
- 1 teaspoon mustard seeds
- 20 curry leaves
- 1 teaspoon turmeric
- 1 tin (400 g) chopped tomatoes
- 2 tins (800 g) coconut milk
- 2 tins (800 g) chickpeas, drained

METHOD

1. Chop the pumpkin into small chunks and cut the ginger into matchsticks. Pick the coriander leaves and finely chop the stalks.
2. Pour a good lug of oil into a large saucepan and place on high heat. Add the ginger, garlic, red chili and shallots, then reduce to medium heat.
3. Cook until golden, stirring occasionally, then add the mustard seeds, curry leaves, and coriander stalks. Fry until the curry leaves go crispy. Add the turmeric, tomatoes and coconut milk.
4. Bring to a boil, then add the pumpkin and chickpeas. Reduce to low heat, cover and let simmer for 45 minutes checking occasionally. (Add a splash of water if it looks a bit dry).
5. When the time's up, take the lid off and cook for about 15 minutes (or until the sauce has thickened). Scatter with coriander leaves and serve with rice.

Pumpkin, Chickpea and Coconut Curry



This pumpkin, chickpea and coconut curry is a lovely, warm meal option on a cold winter's night.

Enjoy!

