

lifestyle

*The style of royal
time regulation...*

The smile...!

*From talent to
professionalism...*

Sana Al-Shekaili ...

*Be **unique** ...*

*To **distinguish***

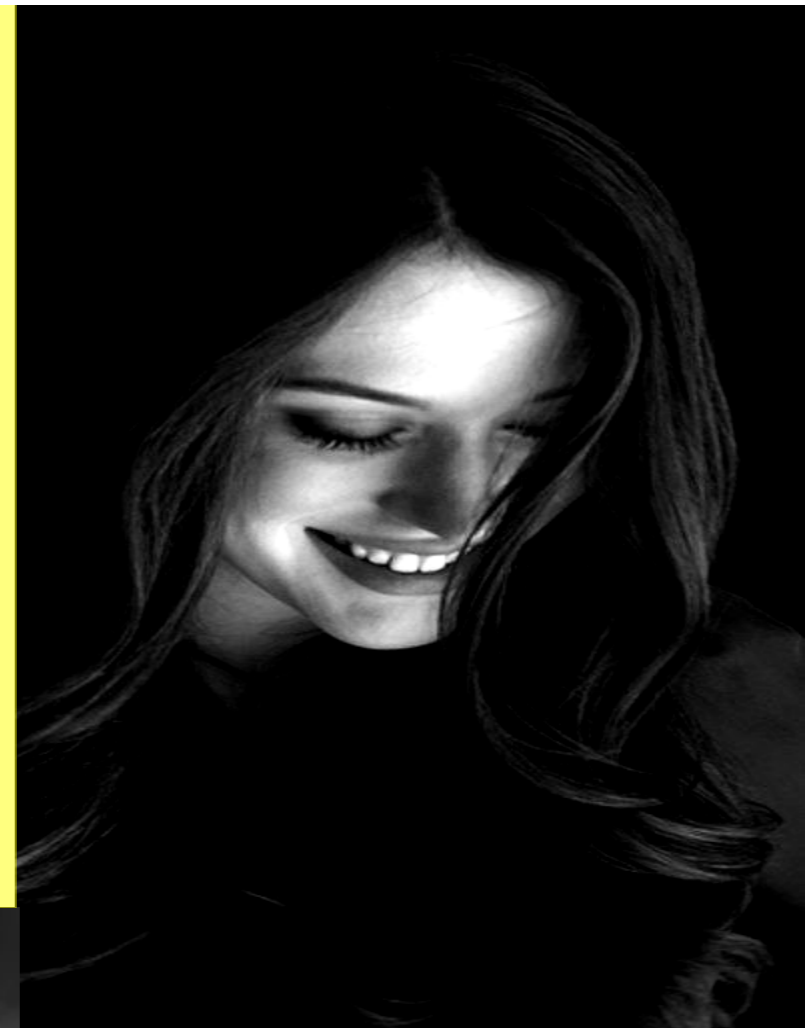






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The smile

Letter from the editor

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Letter from
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No magazine can draw its features and determine its destination from "the first or second issue, but it tries to provide the first indications of its ambition and direction across the long and difficult path."

In our first edition, Lifestyle Life seeks to bring up life-specific issues.

Our magazine, Women's Magazine specializing in modern women's issues, is a monthly social, women's magazine that provides women with everything they need in various fields. Whether in health, art, society, sport ... etc.

This lady is all about our magazine, so we invite you to enjoy your time with us, where you find everything you are looking for and more in the areas of your life; to be your world in a magazine.



Ferelecci Accessories: Muscat, Sultanate of Oman

Tel: +968 95531801, Insta:@ferelacci.

Timing: 9:00 am to 1:00 pm & 4:00 pm to 11:00 pm

Be unique To distinguish

*Sana Said Al-Shekaili , the first Omani woman to participate in the
Mustang Drag Race 2018 in Abu Dhabi ..*

Despite being her first race, she was ranked first among women and fourth among all contestants.

Details ...

1. As an Omani girl, did you encounter a challenge in your way to become a car contestant?

Challenges are an integral part of our daily lives, and in many cases they are one of the most powerful factors of motivation and success in our lives and a catalyst for us.

2. Have your family welcomed your talent in this field? Did they give you the encouragement you need?

The family is undoubtedly the first supporter of creativity and excellence and the nucleus of innovation devotes to the home.

3. This area is not easy, how I was able to overcome the fears that you are a girl ??

Fears that if you find what distinguishes race or race, desire and ambition are enough motivation to overcome anything.

4. How was your community's look at your first race?

The society in general is governed by many stereotypical concepts, the praises of the machine, the Omani society conscious and supportive of its nature, and the real problems faced by it.

*“ not impossible
with desire and
perseverance ”*



*“Be unique ...
to distinguish”*



@almohanad94

“My message to everyone is to always comply with safety instructions, use designated spaces when racing, and follow safety instructions,”

5. How was your start in this area ??

The beginning was in my love for the challenge. Love is a development with age and I love to go into a field that is believed to be wise to young people. The message is that women are present and able to challenge at all levels.

6. How do you develop your talent and your potential in this field ??

Training and reading is an important task. Knowledge of innovations and technologies is essential.

7. Why did you choose to cast yourself a "Mustang Legend"?

The title of the legend came from the basis of pride myself and proud of it, I am the first Omani girl to enter the field of racing with a car of Mustang when I called myself the title of the legend I am also because I made the

exclusive achievement in the category Ford Mustang among my sisters girls who own the same category of the vehicle Mustang legend The title gives me strength and support to continue my career without looking at the frustrated and other factors

8. A message to the Omani woman?

Women are half the society, not impossible with desire and perseverance. The field is always open to challenge. Trust yourself and follow your ambition

The style of

royal time regulation

“Dealing with time is dealing with life, and every human being in life has his own way of doing it.”

Why do we call royal time organization? Because the king at the time is important, respected and valuable, then the system and tasks and achievements must be concerned, and there is no random and never waste time.

* Organizing time depends on you and your life, your goals, your interest and your priorities.

1 # Be Connected To You :

Without the goal you will be exposed to loss and will improve your life is empty and your days boring, and impossible to organize your time.

The goal varies according to your nature and your life, but without a goal life can not be natural or your time is organized. What is the secret of time management !!?

The secret of organizing time and making use of it is to have a common goal, to spend your life and your days in the right way and act on the basis of it and

close to it every day.

And become victims of boredom and emptiness no matter how you conceive yourself that you are busy - Ogalpa will be preoccupied with people and their lives more preoccupied with your life and goals.

The rule here: If you do not work with your goals, you will be preoccupied with the goals of other people. (This is true)

2 # Organize goals:

Annual achievement, monthly, weekly, daily. You have to have something you want to accomplish this year, every month you have to retreat as much as you have left and what remains to be achieved. Each week you have to do something that will bring you closer to the goal. Use every day in the right way and improve your progress. Forwards. You will be lost and lost with him months and years if you do not get your thinking this way, and that the days went two days and you will meet where you went

days! Yes, the days began and you are looking for Shi Yasmin because you are complete, and the days and you preoccupied yourself with his and his.

3# system five minutes:

Take five minutes or less, do not delay it. Try to save the things that are accomplished in 5 minutes so as not to waste your time.

4# time management

Most people have their problem with time management ,especially with leisure time, your free time determines your life,

He is the one who dispenses with urgency and progress.

If you adopted this method you will notice yourself subconsciously when you find yourself in a vacuum you will immediately go to achieve the small achievements that I recorded and then you will meet and become a very wonderful thing.



The Smile

What is your reaction when you are happy or see a funny position or hear the voice of someone you love is certainly smile.

The smile affects your happiness When a person smiles, he sends a message to the brain and tells him that he is happy, that affects his feelings well, and that grief affects him negatively.

The smile is the first language of communication that does not need any translator and the shortest way to express our feelings, it removes the barriers between people and be an easy way to speak in all languages. The smile is the most beautiful expressions that appear on the face, and are usually used to express joy, a sense of pleasure, or wonder, and may be just a feeling of reluctance, and express the mysterious anxiety.

The meaning of smile may vary among peoples, In some countries smile is a sign of stupidity and disrespect. In India, Iran, South Korea and Russia, the smile of "stupidity" in Germany, Switzerland, China and Malaysia is a smile that reflects the intelligence of people.

A smile has the potential to make an effect that is often desirable, because it falls within the range of positive body language but there are

different types of smiles:

A smile of hope and gospel

A smile of victory

A smile of wonder

A smile of anger

A smile of fear and tension

A smile of miserable

The smile has many benefits, The most important of these benefits: raise the positive energy of the body, transmit positive energy in the hearts of others. Reduces the negative energy of a person and others. Increases body immunity and increases resistance to disease. Strengthens the heart. Considered food for the soul, soul and mind. The face increases vitality and makes the person appear younger. "The smile is the curve that makes every straight," said by Phyllis Diller. "This shows that smiling is the simplest way we can communicate and express our inner feelings.

