

LEARN. KNOW. GROW

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Dos and Don'ts of Building a New Habit

Humans are controlled by habit. It can be good or bad, but our habits shape our lifestyle. While some of us are blessed with a strong willpower, able to make or break a habit easily, many of us struggle with it. We don't know what steps we must follow to build a new habit. So let's take a good look at the things that we should do in order to build a new habit:

1. Start small: You don't have to make intense changes in your life all of a sudden. Just start with a small change, and you will not feel overwhelmed.

2. Don't rush: Everything takes time. So don't think you have to become a clean eater in 1 week. Take your time, and keep in mind that if you keep going at it, then you will surely achieve your target.

3. Plan ahead: Don't just start a new habit just for the sake of it. Make a habit so that it positively influences your life. So think about all the aspects of your life that will be benefited from this new habit and then proceed.

4. Reward important milestones: It is important to reward yourself for all the hard work you do to remain motivated. So whenever you get one step closer to your goal, reward yourself to keep the energy going.

5. Focus on one habit at a time: The worst you can do to yourself is focus on too many things at a time. Rather than trying to master too many things at once, just focus on building one habit at a time, and once you have built that, proceed to building other habits.

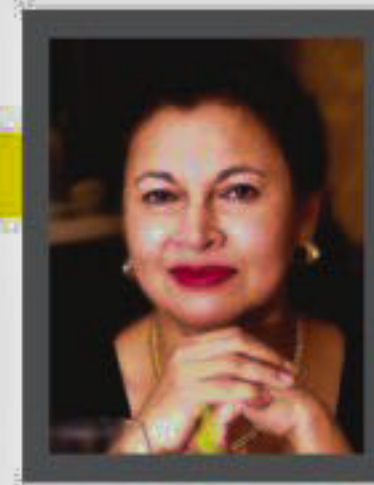
6. Be ready for obstacles: No matter what you do in life, obstacles are bound to come your way. So be prepared to struggle while trying to build a new habit. But once you can overcome these obstacles, you will achieve your vision.

The secret of building a new habit is to figure out what habit you need to build first, then make a commitment to work at it on a daily basis, and use a series of these commitments to increase the chances of success.

THOUGHT CRAFT

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According to an old wives' tale, the story goes that if, on a certain midsummer night, you light two candles and gaze deeply into your mirror, the face of your true love will be revealed to you.

Charming as these tales are, neither midsummer nights nor mirrors have the mystique or hold the magic that they used to. Nowadays, we use mirrors to decorate our homes, to adjust our clothes, and fix our faces and hair, but the last thing we do when we look in the mirror is look for true love.

After all, how reliable could a mirror be? Some mirrors make you look slim when you are not, while another makes you look fat, and you are not. And anyway, what would your true love be doing loitering behind you on a dark night?

Anyway, back to reality. Life is complicated enough as it is without having to depend on a mirror to find a life partner...

But seriously, mirrors can be important in a very real way if they are viewed as a metaphor. Every once in a while, we need to reflect on the reflection in the glass. Step through the mirror, and into the deeper world beyond, the world of our inner selves and psyche, and introspect.

The face in the mirror is not just a face, it is the embodiment of an entire life. If you look deep into the glass, you will see a

Mirror mirror on the wall



succession of faces, like an array of doorways, one behind the other, each one representing different periods of your life, and a different you, the young person whose dreams were yet to be fulfilled, or not yet even planned for, or the child who embraced the world and everything in it, or even the person who weathered grey days of sacrifice, disappointment and sadness.

Your spirit will have questions to ask; did you attain your dreams? Have you

fulfilled your potential? And most importantly, has the road you have chosen brought you contentment?

Since life is viewed through different prisms, the mirror will give back the images that we demand. Some people may preen in the sunbursts of success, or the glitter of fame and wealth looking back at them

Others will smile to see the golden glow of home and hearth, family, children, and a peaceful life.

On another level, mirrors will remind you of the other side of the persona, the shadow parts of ourselves that we do not usually think to explore. We need to look beyond the public person, and explore the other side of ourselves, so that we may be able to see ourselves as a whole, and to accept all our qualities, both good and bad, and thereby, come to terms with it. The mirror is a reminder to us to stop, look, reassess and if necessary, change what we are.

A greater understanding of ourselves is an integral part of understanding and having compassion for others.

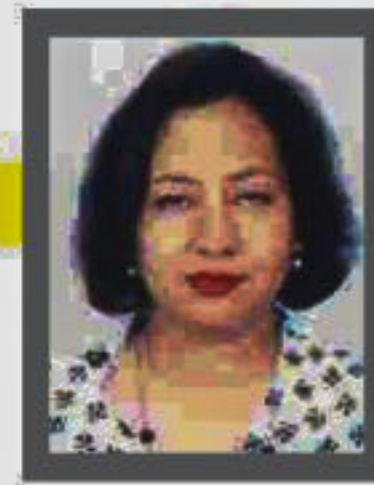
There are lessons to be learned while shaving, powdering, or combing ourselves.

Photo: LS Archive/Sazzad Ibne Sayed

BANKING TIPS

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As Bangladeshi residents and citizens, we are often in requirement of foreign currency for travel and to remit outside of our country. The more we become global, the more is the necessity of dealing with foreign currency and Foreign Currency (FC) account. Now, an FC account has to conform to the regulations of Bangladesh Bank (BB). BB prescribes quite a few kinds of FC accounts. Chapter 13 of the Foreign Exchange Transactions (GFET) 2018, Vol 1 expands on it.

Any branch of a bank which has an authorised dealer license can open an FC account for its eligible customers. These accounts can be maintained in Pound Sterling, US Dollar, Euro or Japanese Yen. Firstly, we will discuss about an FC account maintained by non-resident Bangladeshis or NRBs. This FC account can only receive foreign currency through inward remittance and withdrawal from it will be in cash in BDT. The FC fund in the account can be remitted in foreign currency outside the country. Funds sent by other wage earners, foreign currency notes, FC drafts, can be credited into these accounts, provided they are of value of US 5,000 dollars or equivalent. Any amount exceeding that need to be accompanied by an FMJ declaration form. Any payment to a resi-

Understanding foreign currency accounts

dent Bangladeshi in foreign currency from this account is prohibited. The individual's bank can also issue cheque book and debit card against this FC account. Interested parties can maintain foreign currency in the form of Fixed Deposit, called Non-Resident Foreign Currency Deposit (NFCD) account. As the name suggests, these accounts can earn interest.

FC accounts can be also maintained by Bangladeshi nationals working in foreign/international organisations, provided their salaries are paid in foreign currency. For normal withdrawal, it will be in the form of BDT, however, expenses for travel, children's education and treatment abroad can be met from this account. Consultancy fees or honorarium in foreign exchange can be fed into this account.

Bangladeshis can also open with their AD an RFCD (Resident Foreign Currency Deposit) account. This account can be opened with the residual sum brought in from a travel abroad. The maximum amount is US 5000 dollars, and any amount exceeding that has to be declared in FMJ Form. These accounts may be opened in US Dollar, Pound Sterling, Euro, or Japanese Yen. Funds therein are freely remittable. Also possi-

ble are foreign currency endorsement against travel. While opening this account, the individual has to declare that the FC is not a receipt against export of goods or services from Bangladesh, and not a commission due from abroad, arising from business deal in Bangladesh. The bank can also issue debit card against an RFCD account.

I often come across suggestions on how to remit abroad proceeds from selling properties. The remittance of these funds is only allowed by seeking permission from Bangladesh Bank. Interested parties have to request for permission through their bank. Only their bank can officiate on their behalf for seeking this permission. Individuals cannot directly approach Bangladesh Bank. The application, which will be processed by the individual's bank, can illustrate on the need to remit the fund and reasons why the property was sold off. One of the reasons could be migration to another country, and therefore, vacating the rights to the property.

For our inquisitive readers, I would like to invite them to know about these regulations in detail from their banker or the following website.

<https://www.bb.org.bd/aboutus/regulationguideline/foreignexchange/fegvol1.php#>