

EDITION #2

JANUARY 2026

NEW YEAR  
NEW BEGINNINGS

WHY ADVERTISING IS  
IMPORTANT FOR YOUR  
BUSINESS

NEW YEAR'S  
RESOLUTIONS  
DO THEY WORK OR  
DON'T THEY WORK

# THE SUCCESS

## TEMPLATE

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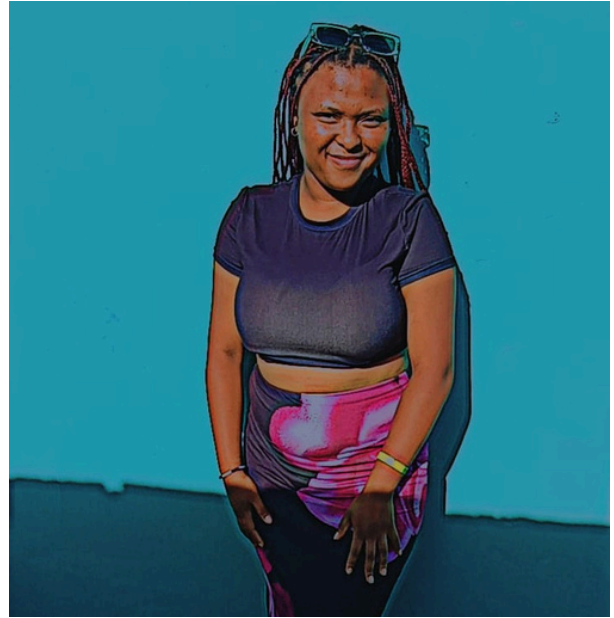
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# THE TEAM



Tianna van Rooyen  
Host (YouTube Channel)



Aaliyah Stuurman  
Videographer  
YouTube Channel

*Learn all about  
The Success Template  
on Page 4*

## BEHIND THE SUCCES

## SUCCES STORY

Nadine van Rayner  
Founder  
YouTube Channel + Magazine





# FROM THE EDITOR

The second edition of our Magazine were put together during the month of January 2026. It actually made me think a lot about how fast a year can go by. We have so many plans and goals that we desire to accomplish, and what I have built my life on is the Bible verse, "Many are the plans in a man's heart, but the Lord's purpose shall prevail." - Proverbs 19:21

Since I made that change in my life, where I basically allowed the Lord to take the wheel. Making decisions about what to work on and what not to work on became less overwhelming.

As believers, we don't have to control everything.

On our website, I wrote the following message, and it is what our Magazine will be built on.

"This Magazine is for people with a dream who think that it is impossible to accomplish. It's for those who need a reminder that God makes the impossible possible."

With the new year starting, we often create new goals, and we decide to actually go for our dreams that we may have put aside for years on end, either because we don't believe that we can accomplish them or because we gave in to the fear of starting something new. Whether you call those goals or dreams, new year's resolutions or not. The only way we can accomplish anything in life we actively working towards starting, overcoming the fear, and actually working on whatever we started without giving up on it when things get hard or difficult.

*Nadine van Rayner*

EDITOR-IN-CHIEF







# The Success Template Magazine & YouTube Channel

**“Your Success Story Deserves To Be Celebrated! At The Success Template We Highlight & Celebrate Each Win, Big Or Small.”**

To be featured in our Magazine or on our YouTube Channel, connect with us on Instagram: **@thesuccesstemplate** or send us an email to **create.a.legacy21@gmail.com**

We would love to share your story and your journey with our growing audience.

If you love to write or desire to become a journalist, feel free to write articles for our magazine or share your poems or art with the world.

We also have a writer program on LinkedIn that you are more than welcome to join to earn some extra income on the side.

At The Success Template we created a space where we celebrate the highs and the lows of success.

We allow others to share their success journey and give tips and tricks about how they made it in life or how they persevere through all the challenges, trials and tribulations that they have to face.

If you have a story that you desire to tell, tips s and tricks that you desire to share or you desire to help others with words of wisdom that you learned along the way then our Magazine and YouTube Channel is your spcae to boldy enter into.

NEW YEAR'S RESOLUTIONS

THE SUCCESS TEMPLATE

Embrace the challenges  
that comes with your  
success journey.

BOSS

LADY  
YOU GOT THIS



# New Year's Resolution

"Create a life for yourself that you can be proud of."

## What Is A New Year's Resolution:

A New Year's resolution is a tradition, in which a person resolves to continue good practices, change an undesired trait or behaviour, accomplish a personal goal, or otherwise improve their behaviour at the beginning of the year.

## The Best Kind Of New Year Resolutions To Set.

The best kind of New Year's resolution to set is one that is specific, measurable, achievable, relevant, and time-bound (SMART). That way you can keep track of your resolutions and ensure that you achieve them and maintain them.

## The Benefit Of Having New Year Resolutions.

Making New Year's resolutions can lead to significant psychological and emotional benefits, including motivation, self-improvement, and a positive mindset.

## How To Make A New Year Resolution Work

To make your New Year's resolution work, keep it **specific, realistic, and measurable**, then break it into small, manageable steps you can track. Focus on building consistent habits rather than chasing perfection, and celebrate small wins to stay motivated. Anticipate challenges and have a plan to overcome them, whether that's adjusting your approach or seeking support from friends, family, or accountability partners. Most importantly, be patient with yourself—progress is rarely linear, and persistence matters more than speed.







YOUR  
FUTURE IS IN  
YOUR  
HANDS

THE SUCCESS TEMPLATE

Create the life for yourself that you can be proud of!



# *Do New Year's Resolutions Really Work? Or Do Only People Who Do the Work?*

As another year turns over, we are once again flooded with declarations of transformation. New year, new me. New habits. New bodies. New lives—neatly scheduled to begin on 1 January.

And yet, by February, most of these resolutions have quietly expired.

This raises an uncomfortable but necessary question: do New Year's resolutions actually work—or do they simply make us feel momentarily hopeful?



## *Change Does Not Happen Because The Calendar Changes.*

The truth is this: change does not happen because the calendar changes. It happens because people change their behaviour, consistently and often uncomfortably, long after the novelty has worn off.

Resolutions fail not because the goals are wrong, but because they are often rooted in emotion rather than intention. Guilt over the year gone by. Fear of falling behind. Social pressure to be seen as "improving." These motivations are fleeting, and once the emotional charge fades, so does the commitment.





Those who truly evolve rarely announce it loudly. They don't wait for January. They don't rely on motivation. They rely on discipline, clarity, and personal accountability.

This is not to say that resolutions are useless. They can be powerful—but only when they formalise work that someone is already willing to do. When a resolution is values-based rather than trend-based. When it is paired with action rather than aspiration.

Real growth is not glamorous. It doesn't come with hashtags or applause. It is quiet, repetitive, and often inconvenient. It is choosing consistency over comfort. Truth over excuse. Ownership over blame.

The most effective "resolution" is not a promise to become someone else. It is a commitment to show up more honestly as who you already are—and to do the work required to refine that person.



Author  
Sebastian Bennett  
Jan 21, 2027

So perhaps the better question is not "What is your New Year's resolution?" But rather: What are you willing to do daily, even when no one is watching? Because in the end, it isn't the new year that changes us.

It's the work.

**Written By: Chantel Pillay**



Name \_\_\_\_\_

# NEW YEAR GOALS

A Fresh Start to Shape Your Best Year Yet

## Healthy Lifestyle

Exercise at least 30 minutes a day, reduce junk food, and drink more water to stay energized and active.

## Skill Development

Learn a new skill such as design or video editing and practice it consistently at least weekly.

## Financial Discipline

Save a fixed portion of monthly income, track expenses, and avoid unnecessary spending.

## Better Time Management

Create a daily to-do list, prioritize important tasks, and reduce screen time to stay more productive.

# NEW YEAR'S *Resolutions*

<p>PERSONAL</p>	<p>PROFESSIONAL</p>
<p>FINANCIAL</p>	<p>PHYSICAL</p>
<p>SPIRITUAL</p>	<p>RELATIONSHIPS</p>



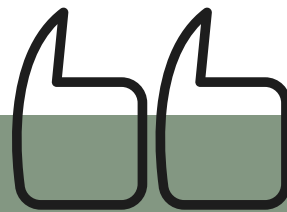
# WHY FINANCIAL *Freedom*

## IS ABOUT MORE THAN INCOME

For many people, financial freedom is often framed as a number – a certain salary, a bigger paycheck, or finally “making good money.” And while income absolutely matters, I’ve found that it’s rarely the deciding factor in whether someone feels financially free.

Over the years, I’ve worked with women and couples who earn good money, yet still feel stressed, behind, or overwhelmed when it comes to their finances. On the surface, everything looks fine. But behind the scenes, money feels tight, decisions feel heavy, and there’s little or no room to breathe in their budget.

That’s because financial freedom isn’t just about how much you make – it’s about how your money is organized, how intentional your choices are, and how confident you feel managing what you already have.



True financial freedom shows up in everyday moments. It looks like knowing your bills are covered each month without anxiety. It feels like having savings set aside for emergencies or opportunities, so you’re prepared when life happens. It’s the ability to make wise financial decisions – whether that’s buying a home, changing jobs, or supporting your family – without fear or financial panic creeping in.



Unfortunately, many of us were never taught how to build that kind of stability. We're told to "make more money" or "budget better," but rarely shown how to create systems that actually work in real life. And when life gets busy – careers, families, responsibilities – finances often become something we avoid rather than manage intentionally.

Financial freedom is about clarity. It's understanding where your money is going, having a plan that fits your lifestyle, and building habits that support your goals now and in the future. It's not about restriction or perfection – it's about alignment. When your money aligns with your values and priorities, stress begins to ease, and confidence grows.

I believe financial stability is a skill, not a personality trait. Anyone can learn it with the right non-judgmental support, guidance, and simple systems. When people stop blaming themselves for where they are and start focusing on small, realistic steps forward, everything changes. They begin to feel in control instead of overwhelmed, and proactive instead of reactive.

**THEY BEGIN TO FEEL IN CONTROL  
INSTEAD OF OVERWHELMED, AND  
PROACTIVE INSTEAD OF REACTIVE.**

At its core, financial freedom is about peace of mind. It's about creating space – mentally, emotionally, and financially – to focus on what matters most. While income can open doors, it's the systems and habits behind the scenes that allow people to walk through them with confidence.



**DeShena Woodard**

DeShena Woodard is a Financial Freedom Coach & Certified Life Coach who helps busy women and couples build financial stability through clear, simple, and realistic money plans. She supports clients in budgeting, saving, and eliminating debt so they can create breathing room in their finances and develop money habits that last. You can connect with her on Instagram: [@deshenawoodard](https://www.instagram.com/deshenawoodard).



# Your Mindset



## CHANGES EVERYTHING

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Everything that you do starts with your mind first.

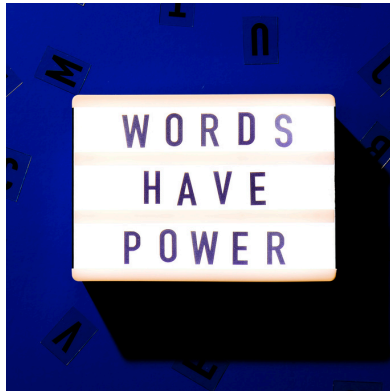
What you believe is possible, ends up being created in the world.

Make sure that your mindset is right and your life will fall into place.

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**CHANGE THE WAY YOU THINK ABOUT SUCCESS**





# Reflect

Reflection is very important. You have to reflect on what you've been working on. How far you have come and how far you still have to.

Make sure that what you are working on is fruitful and had potential. Don't be afraid to start over. It's simply a chance to build something better.



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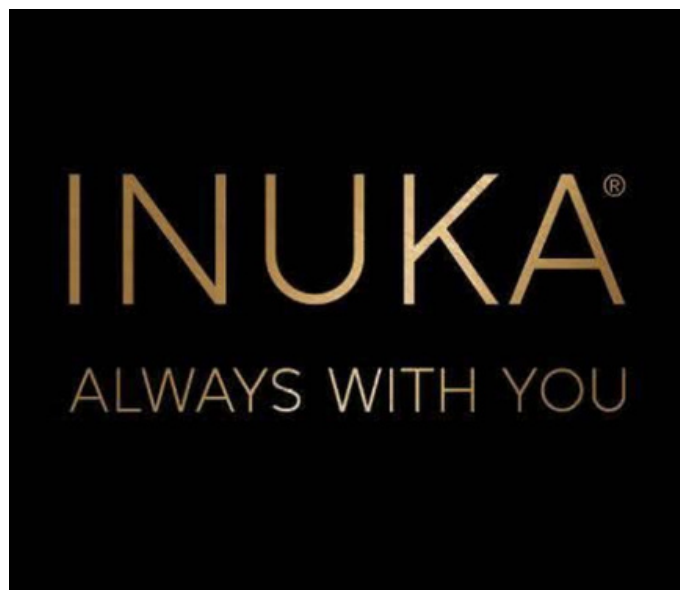


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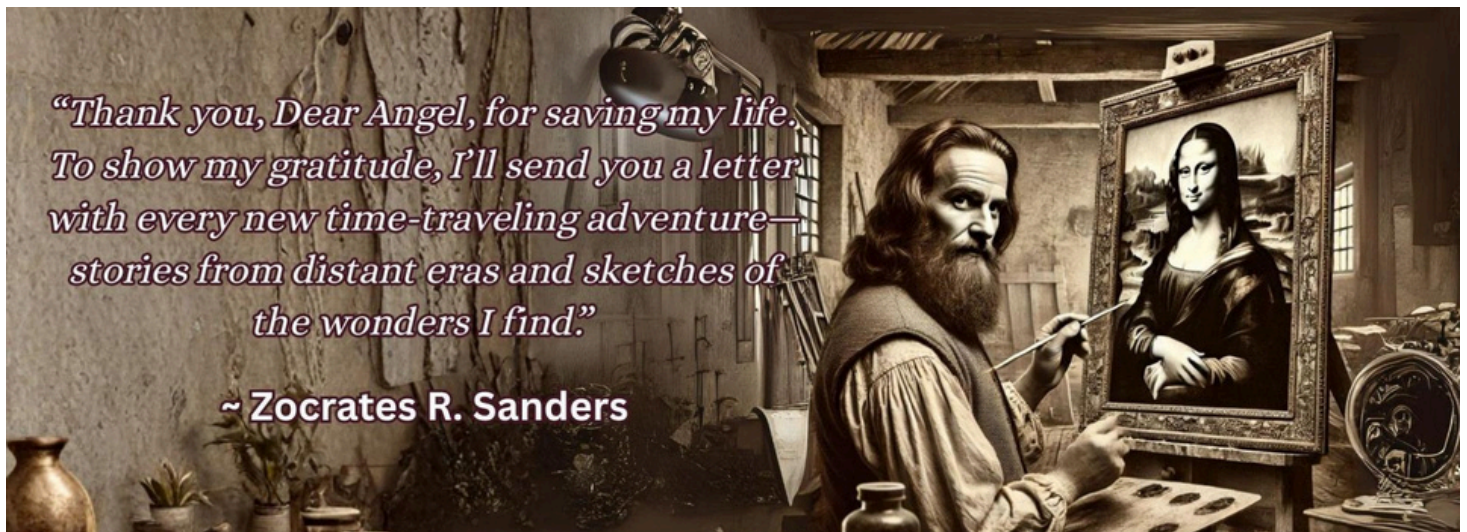


## WHY ADVERTISING IS IMPORTANT

Advertising is important for businesses as it builds brand awareness, informs, and persuades customers. It drives sales and growth. Advertising connects businesses with their target audience and sustains economic activity by creating demand.

The more you advertise your business, project, or event, the higher the chances are that you will reach the right audience for your business, project or event.





*Do you like getting snail mail? If you do, don't miss out on Dear Angel, a brand new letter service.*

Dear Angel is a magical snail-mail subscription delivering time-traveling letters to your mailbox. Written by 16-year-old explorer Zocrates R. Sanders, each monthly letter shares an adventure from history, literature, or fantasy—complete with shimmering laser-coated ephemera. Dear Angel letter adventures have reached 5 continents and 9 countries since our inception last March. Here, we get into an interview with its creator Ms Zara Lin for her first year anniversary.

### **What inspired you to create Dear Angel?**

I've always loved snail mail as a kid and miss the times when receiving a handwritten letter from a friend truly meant something. I'd wait for the postman whenever I hear the postman motorcycle buzzing by. Then I'd hymn lyrics to the Carpenters' song "Wait a minute Mr Postman, Please, Mister Postman, look and see if there's a letter in your bag for me....." as I run down to get my mail. Children these days do not know the charm and warmth of a letter, I wish to bring that back.

**When I was teaching, I'd share my favourite historical figures with my students**—Leonardo da Vinci, Anne of Green Gables, The Little Mermaid etc—and relate their stories to our lessons. My students are very excited when I shared the poetry Lady of Shallott from Anne of Green Gables story. That's how the idea of time-travel adventures was born. Combined with my snail mail passion, what better way to bring these people to life in the form of letters addressed to "Dear Angel"? Each letter would introduce a historical figure or place to Dear Angel, sparking her interest to learn more.



That's a very lofty ideal indeed. Who is this mysterious Zocrates and what is his relationship to Dear Angel?

Zocrates is a time-travel explorer who comes from the era AD 3050. He loves to travel and owns a time machine which he uses to visit famous historical figures, places and time-slip into literature stories to meet with his favourite book characters. He is a goofy teenager whose real age is unknown, but because he's always young-looking, many believe he is only 16 yr-old. He's a polymath wannabe and his name derives from Socrates and Gen Z, meaning someone who lives with wisdom in the digital age. He loves gourmet food, sketching beautiful people and has an adventurous soul.

Dear Angel saved his life and nursed him back to health when his time-machine accidentally crash landed into a tree. The two quickly became great friends as he shared past adventures with Dear Angel. As he fixed his time-machine, he promises to write his new adventures into a letter to Dear Angel every time he time-travels into a new place.

Where did you find inspiration for your adventures and do you have a favourite adventure?

The adventures are related to different parts of my life. For example, Anne of Green Gables came from reading the books by L. M Montgomery and watching the Canadian Anne series while I was in Uni. The da Vinci adventure came from my time teaching STEM and spurring students to think like da Vinci while prototyping new inventions.

I love everyone of my adventures, but if I were to choose, I'd choose Abu Simbel adventure. I read the Ramses book series by Christian Jacq during the late 90s and fell in love with the character Nefertari - Great Royal Wife of Ramses the Great. To honour his love for Nefertari, Ramses built her a monument at Abu Simbel. I have always been very touched by this. In the book, Nefertari's name is translated to She for Whom the Light Shines Forth. I found it extremely inspiring, to be able to bring light in to this world. Thus, the adventure on Abu Simbel was born.



## Describe Dear Angel adventures in three words. Magical, fun and edu-taining.

What do you enjoy most in the process of setting up Dear Angel and what challenges have you faced? I enjoy creating the adventures and meeting kindred spirits who enjoys snail mail as much as I do. The love for Dear Angel I've been receiving is a great encouragement and it keeps me going when times are tough. I also enjoy getting positive reviews. Readers mentioned they couldn't believe their eyes when they receive my laser post cards and bookmarks in the mail. It's magical and they love reading about the adventures.

There are quite a few challenges. To begin with, not many people are familiar with what a letter subscription is as it is novel to them. Contrary to popular belief that letter subscriptions are handwritten, they are really not written by hand. It is an original story, mass-printed and sent monthly to the reader.

Also, it's not always easy to re-create the historical characters as I haven't painted for a long time and to bring each character close to life. Thus, I use a combination of original and AI arts in my creatives, but some readers are not quite willing to accept AI art as it's been tagged as "sloppy art" these days. I can proudly say all of my artwork are edited and processed to make them look natural, as you know we don't want wonky AI art like extra fingers or weird faces. I've been told my artwork is stunning and amazing, so I'm a happy girl!

Marketing is also a challenge as I don't have much social media friends to begin with, so it's something I constantly work on. Now, I have more than 600 followers and feel grateful to those following me. Recently, postal services to USSR and USA have also closed, so we received bounced mail and have to cancel a number of subscriptions. At that point, I was considering shutting down Dear Angel, but I wish to give it some more try as it'd be a pity to let such beautiful business go.

What kind of business would you like Dear Angel to be?

Like Nefertari, I'd like Dear Angel to shine light and bring warmth in others' lives. I've been told it's a great business idea, so I hope more people would get to know about it.



Created by educator Ms Zara Lin from Singapore, Dear Angel celebrates forgotten history and the lost art of letter-writing through letter adventures. Ms Zara Lin is a teacher for more than ten years before switching into the corporate world. She is now a solo preneur and enjoys making connections with kindred spirits (like Anne) around the world. She likes reading, anime, arts and ice-skating. Her favourite superhero is Batman.

Dear Angel is growing on social media. Support us by commenting or sharing our posts on social media to win adventures and giveaways.



# SET YOUR GOALS

A N D W O R K

*TOWARDS ACCOMPLISHING THEM WITH  
PERSEVERANCE AND DETERMINATION.*

---

*travel / lifestyle / aesthetics / minimalism  
fashion / beauty / art*





# WORK TOWARDS SOMETHING

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*START WHERE YOU ARE,  
USE WHAT YOU HAVE AND  
DO WHAT YOU CAN.*



The only way that you can make a success of anything that you take on in life is by actually working towards something. You have to build with a vision and a plan.

Your WHY is of utmost importance. What is it that you desire to accomplish with your goals and dreams?

Some goals serve as bridges to the main dream that you're busy building towards, which is why even the smaller steps that you take on your journey are of utmost importance to your destination.



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