



The Torch



Edition 48

Congratulations to the Matric Class of 2025

To every learner who has reached this incredible milestone: Take a moment to breathe and celebrate. You've officially completed a major chapter of your life, navigating years of hard work, late-night studying, and the unique pressures of the modern world.

Whether you are heading off to university, starting a trade, entering the workforce, or taking a gap year to find your feet—you should be immensely proud of the resilience that got you here.

A Word for the Road Ahead

As you step into the "real world," remember that your matric certificate is a key, but it isn't the whole map. Here are a few things to keep in mind:

Growth isn't linear: You will face setbacks, and that's okay. Every detour is just an opportunity to learn a new skill or discover a passion you didn't know you had.

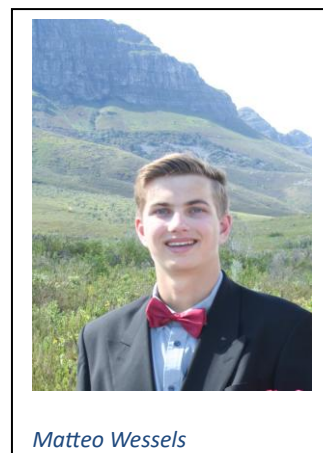
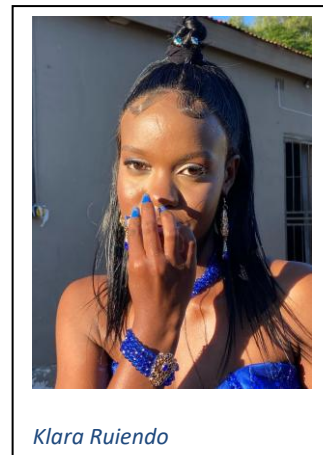
Comparison is the thief of joy: Your journey doesn't have to look like your friend's Instagram feed. Move at your own pace and stay true to your own goals.

Stay curious: The world is changing faster than ever. The most successful people aren't just the ones with the best grades, but the ones who never stop asking "Why?" and "How?"

"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt

Go out there with courage, kindness, and the knowledge that you are capable of far more than you think. The world is waiting for your contribution.

We are very proud of our St Dunstaner Children who make up the class of 2025:



Best of luck, Class of 2025!

Matric Class of 2025: The First AI Generation Entering a Changed Job Market

They have grown up in a world shaped by smartphones, constant connectivity, and rapid technological change. Now, as the Class of 2025 prepares to enter the workforce, they are stepping into a job market transformed by digital recruitment, automation, and AI-assisted hiring tools.

With the 2025 matric pass rate improving slightly to 88%, more young South Africans will be seeking their first opportunities in this new environment. While the expanded pool of candidates creates opportunity, it also places greater responsibility on employers to verify qualifications and backgrounds, ensuring that hiring decisions remain fair, consistent, and based on trusted information.

The first cohort in a new hiring era



The Class of 2025 will step into a labour market that is still grappling with youth unemployment above 40% and a large pool of first-time job seekers with no previous work experience. At the same time, employers are adopting digital recruitment platforms and AI-powered screening tools to handle the growing volume of applications.

In this evolving environment, businesses are asking how to recognise genuine potential and protect their organisation without excluding young people entering the workforce for the first time.

Beyond the paper certificate

Matric remains an important milestone, marking the transition from school into adult life and reflecting years of effort, discipline, and potential. But it is not the whole story. In recent years, education and labour authorities have repeatedly warned about fake certificates and misrepresented

qualifications, supported by reports of forged documents circulating on social media and WhatsApp.

“Employers want to give young people a fair chance, but they also need to protect their organisations, customers, and teams,” says Jennifer Barkhuizen, Head of Marketing at Mettus, a collective of data and analytics businesses that includes [Managed Integrity Evaluation \(MIE\)](#). “That is why verification matters. It confirms that a matric certificate is genuine, but it also helps employers look at the broader picture of a candidate’s integrity and readiness for work.”

Verification for a digital, mobile workforce

As hiring becomes more digital and remote, MIE is seeing growing demand for verifying candidates who may never visit a head office, apply online from other provinces, or present international qualifications. Global screening tools and digital verification platforms are helping employers confirm who they are hiring, even when recruitment happens entirely online.

A fairer start for first-time job seekers

Youth unemployment remains one of South Africa’s most pressing challenges, with almost half of young people looking for work cannot find a job, and many have never had formal employment. For matriculants, this means that every opportunity counts.

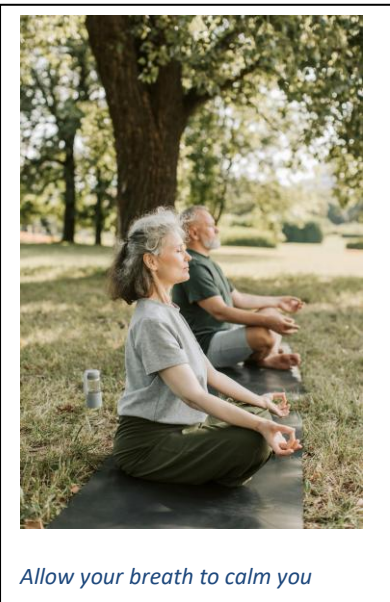
“Responsible verification is not about putting more barriers in the way of young people. Our role is to help employers identify candidates who have earned their certificates, are honest about their history, and are ready to grow. That protects businesses, but it also protects the many young South Africans who have done the hard work and deserve a fair chance.”

This generation is entering a workplace where trust, integrity, and verified information will matter more than ever. With the right verification practices in place, businesses can welcome new talent with confidence. At the same time, young people can take their first steps into the world of work knowing that their genuine efforts and achievements will be recognised.

Source: [iAfrica](#)

Finding Power in Calm

This audio session combines gentle SOMA Breath? techniques with a guided meditation. SOMA Breath? is a science-informed breathwork method that uses rhythm, breath awareness, and music to help regulate the nervous system, reduce stress, and improve mental clarity.



In this practice, you'll be guided in the music to follow a specific breathing rhythm, with a focus on sensation, sound, and inner awareness. The aim is to help you experience how calm is not passive — it is a steady, grounded state from which clarity, resilience, and confidence naturally arise.

Simply find a comfortable position, where you will not be disturbed, listen, and allow your breath to guide you into a state of calm strength.

Download the audio session [here](#).

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How To Make 2026 The Best Year of Your Life

Everyone wants a fresh start, a clean slate, a year that finally goes right. But how to make 2026 the best year of your life is not just about setting goals on January 1st, it's about deciding who you want to become and designing your year around that version of you. If you want to know how to make 2026 the best year of your life, you need clarity, discipline, and a plan you follow daily. You deserve a year where you look back and feel proud, and this is the guide that walks you through exactly that.



Make 2026 the best year

Below is a practical, mindset-driven, actionable roadmap on how to make 2026 the best year of your life: no fluff, no fake motivation, only real, sustainable steps you can apply starting today.

1. Start With a Clear Vision

The first step in how to make 2026 the best year of your life is building a vision that feels alive. Most people skip this and jump straight into random goals. Vision is the emotional fuel behind every disciplined action.

Ask yourself:

- What kind of person do I want to be by the end of 2026?
- What do I want my daily life to look like?
- Which habits should define me?
- What should success feel like?

Write it down as if it's already real. When your brain can "see" your future, it starts working toward it automatically.

2. Choose Only 5 Major Goals

One reason people fail is having 20 goals and achieving none. If you truly want to know how to make 2026 the best year of your life, simplify.

Pick **ONLY** 5 major life-changing goals. Examples:

- Fitness goal
- Financial goal
- Skill goal
- Career/business goal
- Personal growth goal

Five goals sharpen your focus. Five goals can be measured. And five goals force you to prioritize what truly matters.

3. Break Your Goals into Daily and Weekly Actions

This is the most ignored but most important part of how to make 2026 the best year of your life. Your year doesn't change because of big decisions, but it changes because of small, consistent actions repeated for months.

For every major goal:

- Write 3–5 weekly actions
- Write 1–2 non-negotiable daily actions

Example:

- Goal: Get fit
- Weekly actions: 4 workouts, 1 meal prep session
- Daily actions: 10k steps, no sugar
- This makes your success predictable, not accidental.

4. Clean Your Environment and Digital Life

Your environment shapes your behaviour more than your motivation does.

To truly understand how to make 2026 the best year of your life, upgrade your surroundings:

- Declutter your room
- Remove distracting apps
- Clean up your phone notifications
- Organize your workspace
- Unfollow people who drain or distract you

You become productive once your surroundings stop fighting against you.

5. Build a Morning Routine That Actually Works

You don't need a 2-hour aesthetic routine. You need a reliable one that aligns with your goals.

- A simple but powerful routine:
- Wake up at a consistent time
- Drink water
- Move your body for 10 minutes
- Read or journal for 5 minutes
- Start with your most important task

This routine is a foundation for how to make 2026 the best year of your life because it puts you in charge of your day instead of reacting to it.

6. Build a Night Routine That Protects Your Energy

Your next morning starts the night before. To make 2026 your best year:

- Reduce screen time 30 minutes before bed
- Do a quick reflection
- Plan tomorrow's top 3 priorities
- Sleep 7–8 hours
- If your body and brain aren't rested, your productivity will never be consistent.

7. Learn One Skill That Can Change Your Life

Skills create opportunities that motivation alone can't.

If you're serious about how to make 2026 the best year of your life, choose one high-value skill and commit to mastering it.

Examples:

- Digital marketing
- Coding
- Speaking

- Design
- Sales
- Content creation
- Investing

A year of focused skill-building can transform your income and identity.

8. Build Strong Boundaries with People

You cannot make 2026 the best year of your life if you are surrounded by distractions, negativity, or emotional chaos.

Healthy boundaries:

- Say “no” to commitments that drain you
- Limit access to people who take more than they give
- Protect your mornings
- Prioritize your mental space

You’re not being rude but you’re being responsible with your life.

9. Audit Your Habits Ruthlessly

Your habits today are a preview of your 2026.

Ask yourself:

- Which habits are holding me back?
- Which habits are draining my energy?
- Which habits add nothing to my growth?

Then:

- Remove 3 harmful habits
- Add 3 powerful habits

This single change can dramatically improve your year.

Examples of habits to drop:

- Endless scrolling
- Poor sleep schedule
- Emotional eating
- Avoiding difficult tasks
- **Delaying decisions**

Replace with:

- Reading 10 minutes
- 30-minute exercise
- Planning tomorrow
- Eating clean
- Doing one hard task daily

Habits decide how to make 2026 the best year of your life far more than goals do.

10. Track Your Progress Monthly

A year feels overwhelming. But 30 days is manageable.

Every month:

- Review your goals
- Measure your progress
- Adjust strategies
- Reward yourself
- Realign with your vision

Consistency becomes easier when you treat each month as a new mini chapter.

11. Stop Waiting for Motivation

If you truly want to understand how to make 2026 the best year of your life, you must stop relying on motivation. Discipline is a decision, not a feeling.

Some days you'll feel inspired, but most days you won't yet you still have to act.

Remind yourself: You don't need to feel ready. You just need to start.

12. Build Emotional Strength

Life will not go exactly as planned. A great year isn't the one where nothing goes wrong instead it's the one where you keep moving anyway.

To build emotional strength:

- Journal regularly
- Seek clarity instead of reacting instantly
- Practice delayed gratification
- Learn to breathe through stress
- Sit with uncomfortable feelings instead of avoiding them

This inner resilience will carry you through the entire year.

13. Accept That Growth Requires Discomfort

You can't have a new life with old habits. You can't have a strong year with weak discipline. And you can't have transformation without temporary discomfort.

A simple rule:

If it scares you, challenges you, or stretches you — do it.

That's how change begins.

14. Make Your Health a Non-Negotiable Priority

You can't make 2026 the best year of your life if you're tired, stressed, or constantly sick. Health is the foundation of productivity.

Focus on:

- Consistent workouts
- Hydration
- Whole foods
- Mental wellness
- Quality sleep

A healthy body makes discipline effortless.

15. Start As Soon As Possible

Don't wait for the "perfect" moment. The way you end 2025 will decide the way you start 2026.

Start now:

- Begin your habits
- Plan your goals
- Declutter your space
- Clean your mental environment

Momentum is everything. If you're wondering how to make 2026 the best year of your life, remember this: Your year won't change automatically because the date changes. It will change when you do. A great year is built through clarity, habits, discipline, and small consistent actions.

Start now, stay focused, adjust as needed, and don't stop until the version of you that you dream about becomes real.

Source: [The Ideal Myth](#)

The End