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The Arete E-Zine

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FROM THE EDITOR

Welcome to this **October** issue of **your Arete E-Zine**.
As always, I sincerely wish that you are safe and well, and trust that you are looking forward to exploring tried & trusted methods to improve your Self-Development & Well-Being with of course, the assistance of this month's **content packed** articles to guide you on your life's journey!

Is **I**nternet **M**arketing your thing? then do see our ***Special Offer*** on page 19! – **It's Absolutely Free!**

If you're interested in the future well-being of our planet? Then take a look here https://fb.watch/7nOGwPulwN/ To see the amazing idea of the **'Bee Road'** and how you and the kids could really help nature to survive and protect future generations.

On the subject of saving our planet, you really should make a point of seeing the innovative new BBC Series **'Earthshot Prize'** Hosted by **H.R.H. Prince William** with leading naturalist and broadcaster **Sir David Attenborough**.

Earthshot Prize shows the current state of our planet and why it is being affected by Climate Change and how truly amazing ideas are being developed to save it! **Five, one million-pound prizes** will be awarded each year for the next ten years, providing at least 50 solutions to the world's greatest environmental problems by 2030.

"The Earth is at a tipping point and we face a stark choice: either we continue as we are and irreparably damage our planet, or we remember our unique power as human beings and our continual ability to lead, innovate and problem-solve. People can achieve great things. The next ten years present us with one of our greatest tests – a decade of action to repair the Earth."
- Prince William –

Want to know more? then visit **https://earthshotprize.org/**

Until Next Time/.... *Jonathan.*



ARE YOU PASSIVE AGGRESSIVE?

Communication; there are quite different communication styles and tendencies. Some people are quite assertive, and often say what they want and mainly speak their mind. Whilst others are generally passive and try to go with the flow, in order to please others. Preferring not to 'Rock the Boat' and stay quiet.



Then there are those who want to express their opinion or their needs but they are often not comfortable doing so. Those in that category can then resort to what's referred to as a passive aggressive style.

What Is Passive Aggressive?

Passive aggressive is a behavior that strives to resist the demands of others and avoid direct confrontation. For example, if a passive aggressive person doesn't want to participate in a meeting, they might pretend they didn't get the memo about the meeting or intentionally misplace the meeting notes so the meeting needs to be rescheduled. They can't say "I don't want to go to the meeting," and they're not willing to just go and keep their opinion to themselves, so they sabotage the meeting so it doesn't happen.

This happens in communications as well. Here are some examples of passive aggressive behaviors and statements. If you recognize yourself in more than a few of these, you're probably passive aggressive.

Putting Someone on the Defensive

If you say, "Why on earth would you wear that?" that's a passive aggressive statement. You're putting the other person on the defensive. Your other choices are to stay quiet or to let the person know that you don't like what they're wearing. Instead, a passive aggressive person subtly attacks.

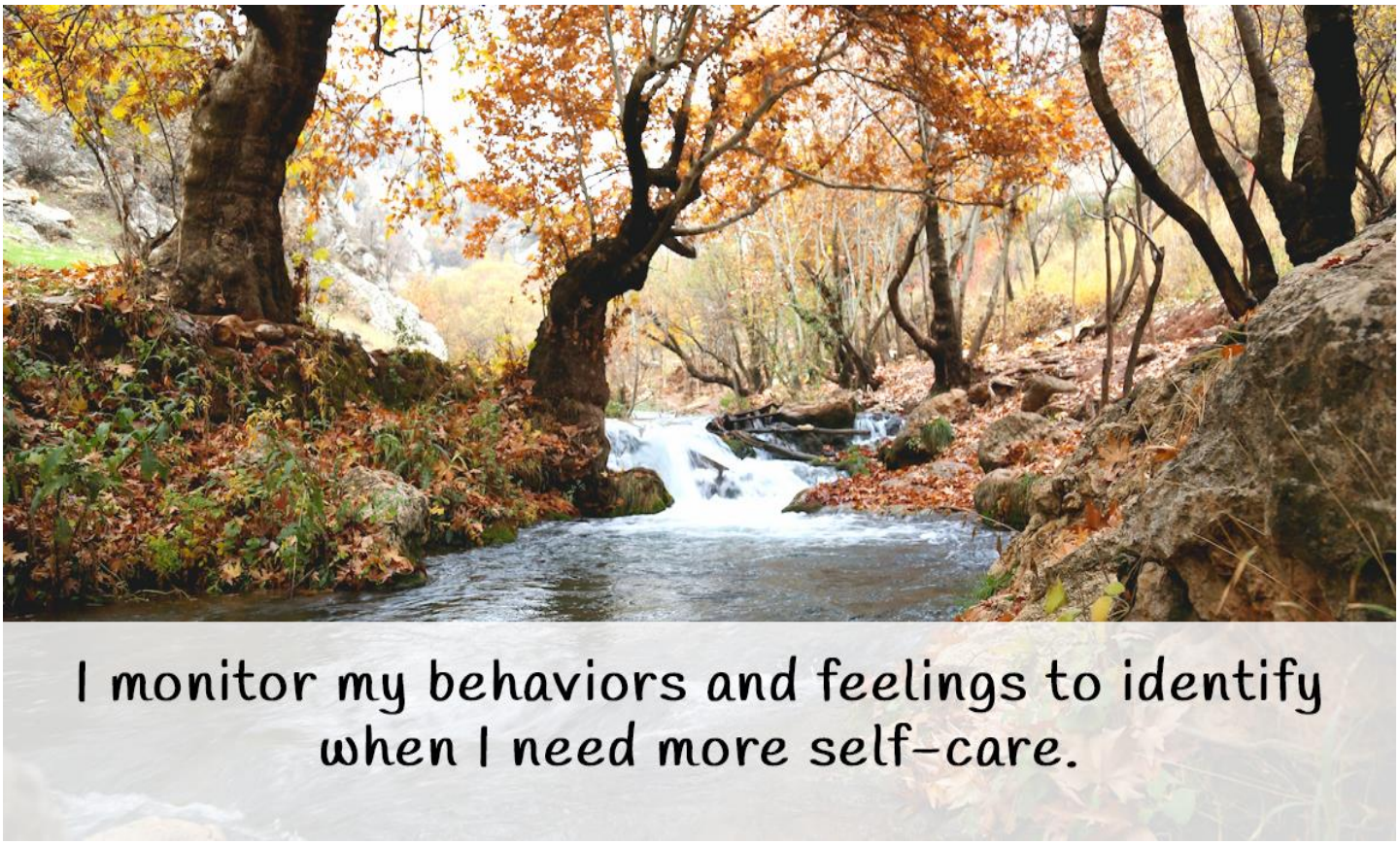
Insinuating Yourself into Situations

Do you ever find yourself saying "I wish I had…" or "I wish I was invited to…" when you know that the person, you're talking to is in a position to grant your wish? This is passive aggressive behavior. A more straightforward approach might be to say, "Hey, do you think you could get me invited to…"

Insincere Compliments

Classic passive aggressive behavior includes compliments that aren't really compliments. For example, if your best friend buys a home and invites you over for a housewarming party and you say, "what a great little starter house," that's a compliment that actually belittles their new home. It'd be better to find something that you really like about the home or to simply congratulate your friend on their new home.

Sabotage, keeping score, and other indirect behaviors are also signs of a passive aggressive personality. Everyone has moments. Strive to be more sincere about what you say and be aware of the reasons why you may be passive aggressive. Are you afraid of confrontation? Do you want to express your needs or your opinion but you're not comfortable? Start small and begin saying what you actually mean.





BEING AUTHENTIC IS MORE THAN JUST BEING HONEST

Authentic, whenever we hear that word, we usually associate it with a material object being genuine and of real value, such as an authentic Van Gogh painting or Michelangelo sculpture. The opposite of authentic is inauthentic - not real, fake, phony, insincere.

In relation to the concept of the authentic self, most people place emphasis on being truthful and honest. These are valuable attributes, but truly living an authentic life is a great deal more than simply telling the truth.

What It Means to Be Authentic

Being an authentic person is all about knowing who you are in order to let the world see you as you are. You don't try to hide behind a mask or get defensive and try to lie your way out of a situation for fear of the consequences. You say what you mean and mean what you say. If you make a promise, you keep it. If you say no, it is out of respect for yourself rather than rudeness or disrespect for the other person.



You acknowledge all of your feelings and emotions, both the good and the 'bad' without the need to try and suppress them. Never allowing them to control your life by hiding away from them or, worse still using avoidance tactics such as relying upon alcohol, smoking, drugs, or binge eating etc.….

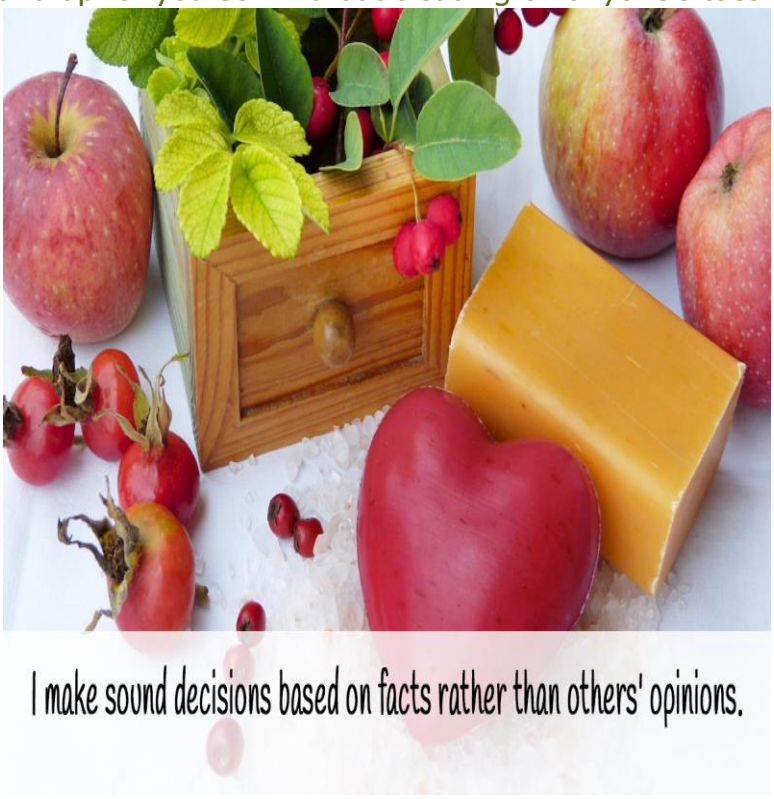
> **"**
>
> **Too many people overvalue what they are not and undervalue what they are.**
>
> Malcolm Forbes

Because you are so in tune with your feelings, others see you as a person of integrity; that is to say, complete, whole, and of good character, as well as honest in thought, word and deed. You will possess a healthy sense of self-esteem without being arrogant or boastful. You are self-aware of your worth which in turn earns respect, but you also consistently treat others with respect.

We often behave inauthentically because we are worried about what others will think or say. We often fear rejection by peers, friends, even romantic partners, and therefore hide or mask our true selves. In many cases, this is a learned behavior from our family relations and expectations.

Alternatively, it can also be a survival strategy at school or in the workplace, in order to achieve an easier life. A person may have a hyper-critical teacher at school or boss at work who is never satisfied no matter how hard they try. You may have been bullied yourself at school or in the workplace and internalized it to the point where you thought that it was somehow your fault and that you deserved it in some way.

By contrast, an authentic person, has a clearly defined set of principles, values and boundaries that, whilst mildly flexible are not easily damaged. You will know who you are, and specifically what you do or do not want. You are assertive enough to stand up for yourself without treading on anyone's toes. You don't try to make yourself feel better by bullying / criticizing anyone else or talking about them behind their back. Anything you say about others you are willing to say it to their face.



Genuinely authentic people never waste their time and energy just ***'Wishing'*** things could be different. They achieve happiness and self-fulfillment because they take consistent **planned-action** when setting new objectives, in order to achieve their specific goals. By unconditionally accepting all aspects of themselves and their limitations, they transform their life's journey for the better and consequently enjoy both emotional and spiritual growth.

Being truthful is just one aspect of living an authentic life. Be true to your feelings and inner self and experience the joy that it can be to live authentically.



HOW JOURNALING CAN HELP YOU BECOME MORE SELF-AWARE

Interested in living a life that is of your own design?

Are you ready to be in control of all of your decisions and be accountable for all aspects of your life's journey?

Living a life of self-awareness, requires you to know exactly who you are and what it is that you really want. You need to know your preferences, your personality, and how you want to live.

> **"Writing bridges inner and outer worlds and connect the paths of action and reflection."**
>
> Christina Baldwin

Fortunately, we are not all the same, different people have different motivations and goals. You will have your own personality and approach to life. If you're not tuned in to who you are and what it is that you want to achieve, then it can become quite difficult to live a life that is enriched and fulfilled. A life that makes you truly happy and leaves you feeling excited, motivated, and challenged.

It's not always easy to live a self-aware life. Denial, fear, and other emotions can and often do get in the way. One habit that can support you to stay self-aware and improve your personal awareness is to keep a journal.

What Is Journaling?

Journaling often gets a bad rap. People's immediate thoughts turn to feeling like it's a chore and relate it to memories of being back in junior high school keeping a diary (that they have to hide from their siblings). However, as an adult writing down your feelings, thoughts, and plans is both cathartic and clarifying. Keeping a personal journal over a period of time has the added benefit of reflection and can then act as a great reminder of goals, dreams and experiences that can be further explored.

There are different approaches to journaling. You might sit down every morning and write for five minutes or three pages. A better approach might be to pose specific questions for you to answer.

For example, "what are my strengths?" You can then journal to answer that question. You can focus on that question for one journaling session or twenty. Remember, it's your personal journal, so you get to make the rules!

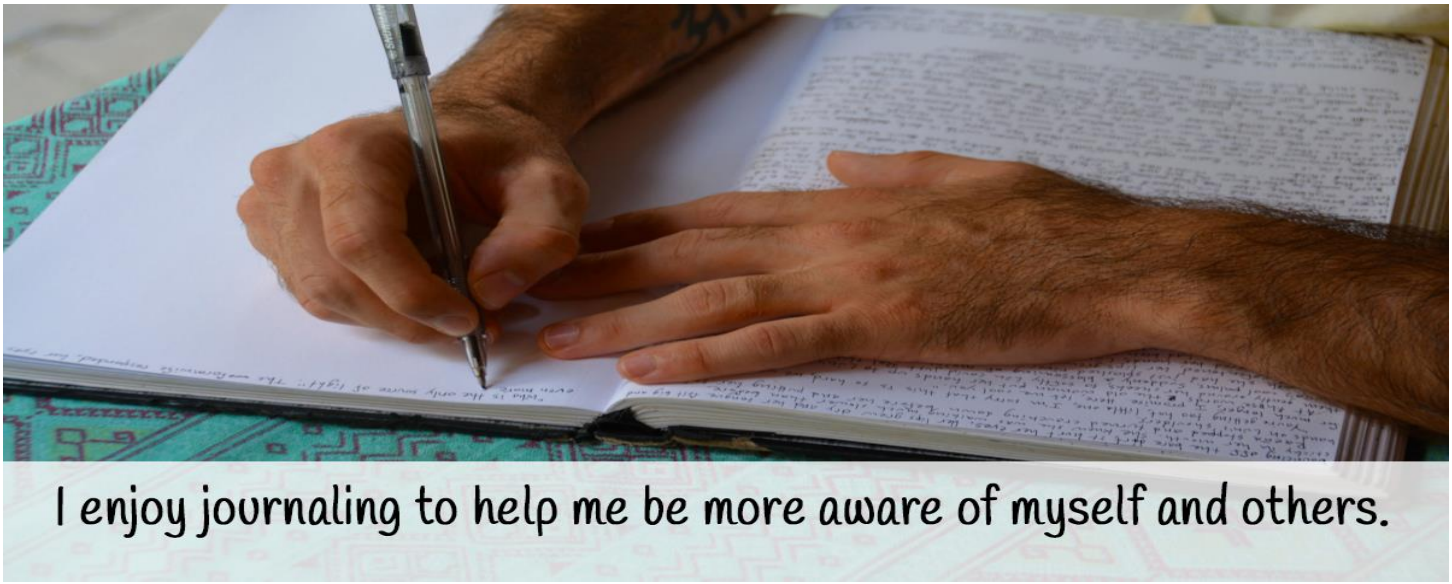
When you write down your answers to your questions and get your thoughts on paper, it is easier to get clarity. Some people prefer to meditate on questions and that can work very well if you're able to focus.

However, if you're like many others, and your thoughts wander and become a bit muddled and chaotic when trying to meditate, e.g. You start off with good intentions, thinking about your strengths and then before you know it you find yourself making a mental note of your grocery list or thinking about that urgent task you need to get done. When you write down the answers it can be much easier to stay focused.

How to Get Started Journaling

Choose the tool that is best for you. You're going to have to think a bit about your preferences and personality type. Would you prefer to journal on a laptop, smartphone or mobile device, or alternatively would you prefer to journal longhand on paper? Decide what is the best time for you to write your journal, is it first thing in the morning or in the evening before you go to bed? (These are the most reflective times of day for most people.)

Gather your materials, choose the best time to journal and most importantly **start making it a habit**. Write in your Journal at least once a day and begin answering the questions that will help you to learn who you are, discover what you want, and ultimately where you're taking your life.



~~REMEMBER~~

"Daily Disciplines Determine Destiny"
&
"You Can't Change Your Life If You Don't Change Your Thinking!"



HOW TO INCREASE YOUR ENERGY AND PRODUCTIVITY

Do you often find yourself stressed out because you always seem to have too much to do, and never enough time to do it? This situation often appears that way, but every person on the planet gets the same 24 hours to work with each day. Have you ever stopped and asked yourself why it is that your time seems more restrictive, whilst others appear to manage their time and productivity so much better?

If you suffer from a lack of energy or productivity, keep reading. We may have just what you need.

Stress and the Body

Stress can and does change the perspective from which you see the world. Where once you saw possibilities, now you only see doom and gloom. Why is that? There are many reasons. Most have to do with the way that stress affects your body - especially when it occurs chronically. Here are some ways that stress manifests itself:

Mood – Too much pressure can lead to a sour mood that leaves you withdrawn, defeated, and feeling cynical.

Brain Drain/Fog – Lots of stress can bring on headaches, nervous conditions as well as unclear thinking.

Organ issues – Are you experiencing heartburn or indigestion more than usual? It might be due to stress response, which can also take the form of acid-reflux, diarrhea and cramping. Even the skin can get dry and ashen-like because of too much stress.

The above are just a few examples of how undue stress can affect both your physical and mental well-being. The most common result is that you are tired and lack energy. The lack of sleep can stop your body from being refreshed and rested each day. When you lack energy, it is hard to have the essential physical vitality and mental agility that helps us all to be productive.

> **Too many people overvalue what they are not and undervalue what they are.**
>
> Malcolm Forbes

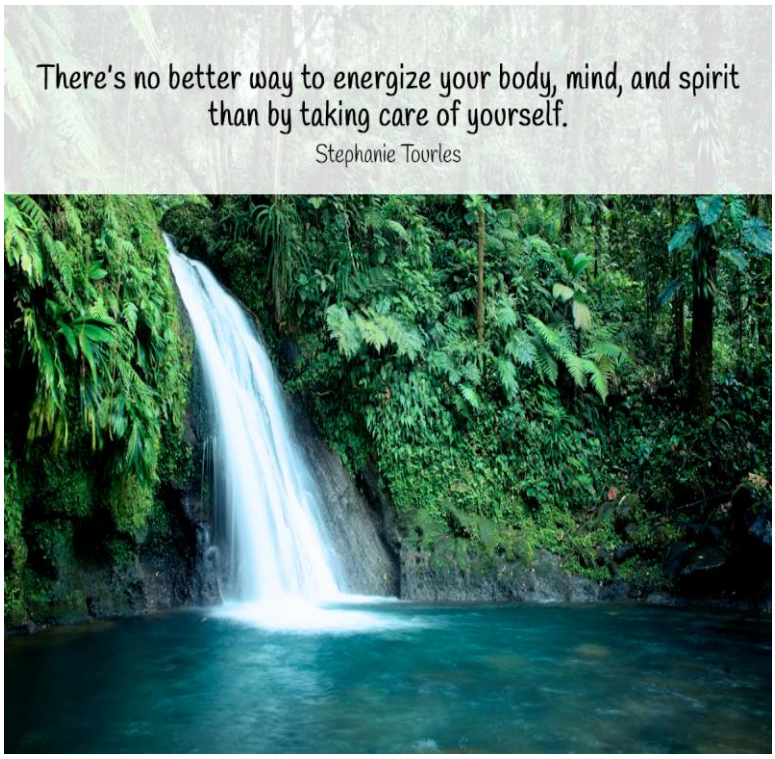
Five Ways to Increase your Energy and Productivity

So, what can we do? Stress won't disappear overnight, but you can begin today to start to turn it all around.

1. Exercise – It is important to choose a form of exercise that you can stick with and makes you feel good. Working out in the morning provides you with more energy potential for the day. It also prevents other activities or unexpected issues from depriving you of a good physical workout.

2. Sleep – As stated previously this is so important. Have you ever gone for several hours or even days without proper sleep? You may behave like someone who is intoxicated: your reaction time and mental focus are severely diminished. E.g., This is one of the reasons that HGV Lorry drivers are legally required to take proper rest periods. Lack of sleep makes it very hard to focus on getting any work done, invariably resulting in being unproductive and falling behind schedules.

3. Eating well – Incorporating protein into every meal will increase your stamina. Along with some good carbohydrates, thus keeping blood sugar low and energy levels steady. Even jobs that require you to work at a quick pace can be managed for longer when you use balanced nutritional foods to fuel your body. Never skip breakfast, being the first meal of the day, breakfast is the most important meal, as it helps in breaking your overnight fast. Extending this fast could severely impact your metabolism, those that that regularly skip breakfast may increase their chances of developing **Type 2 Diabetes**. and chronic insulin resistance. Those who skip breakfast tend to eat more portions of food in the next meal. You should have breakfast within two hours of waking up. Consuming a healthy breakfast restores the glucose levels in the body and has been shown to improve memory retention and reduce stress levels.



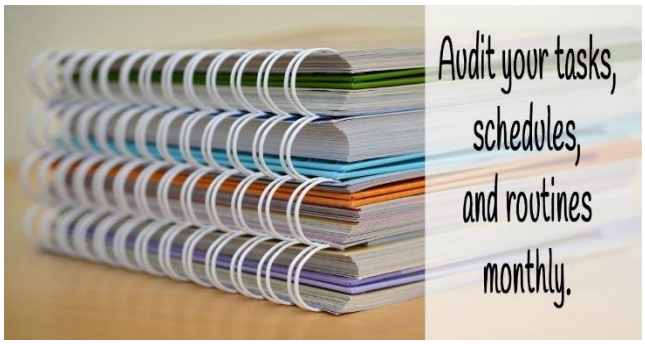
4. Drink lots of water – Water will detoxify your body, decreasing any toxins in the blood. It decreases the cravings which can increase from stress. Increases your vitality & energy Levels. Water also: -

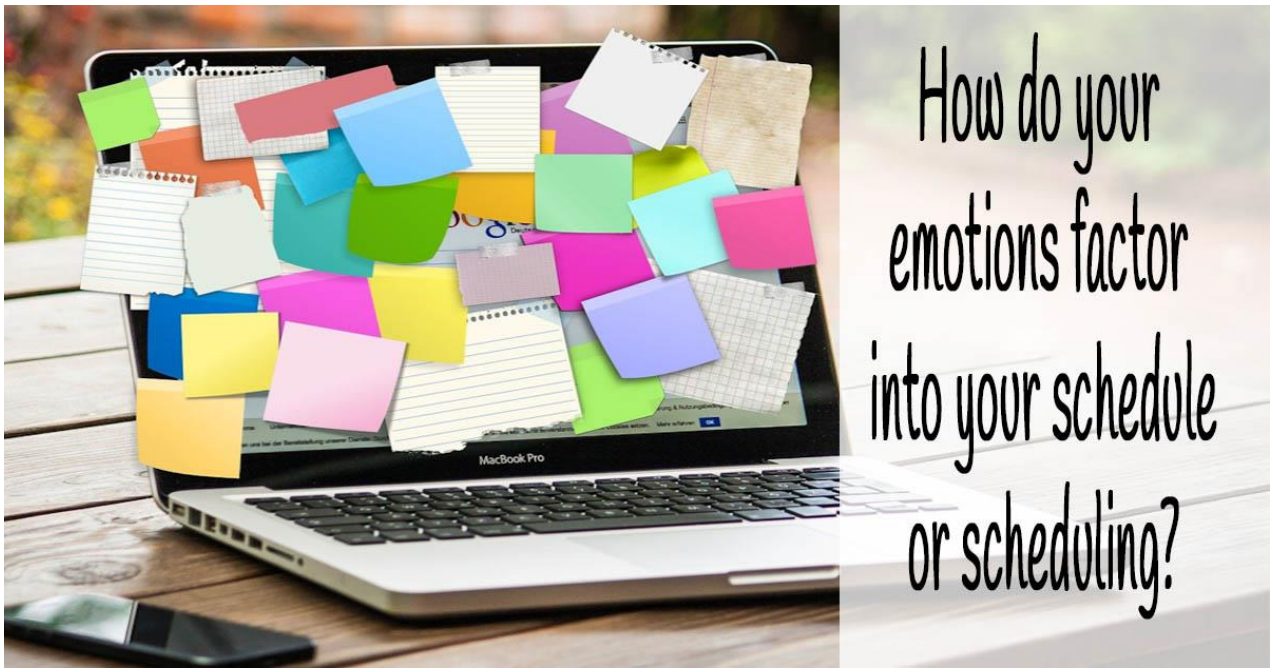
- Increases our red blood cell counts, and increases the oxygen we receive to the brain.
- Boosts Metabolism. ...
- Helps Ease Aches and Pains. ...
- Aids a Clearer Complexion and More Radiant skin. ...

Do avoid the intake of ***Caffeine*** (found in Coffee & Energy drinks) first thing in the morning as it interferes with our higher levels of ***Cortisol*** production at the top of the morning!
Cortisol is a hormone that helps us feel alert and awake. Water is far more beneficial to the needs of your body!

5. Make a plan and determine to stick to it – Scheduling your day and breaking down tasks into small manageable steps, increases the chance of a positive outcome. Achieving one task each day is better than putting it off altogether and then having the stress in trying to tackle five things at the end of the week.

Taking the time to re-evaluate your life is really beneficial, it can slow things down, reduce stress and yet increase your productivity. Nothing could be more desirable than to increase your own personal vitality, Not only is it better for you but, will certainly have a beneficial impact on those around you. You may well want to consider using a Journal to monitor your progress! – see Page 6.





Have you found this article useful? Do let us know in the comments below or drop me an email and let me know how you get on!



HOW TO USE YOUR FEELINGS TO MANIFEST WHAT YOU WANT

You may have heard some people say that feelings are useless and of no value. Certain types of people do appear to be able to move through life easily without breaking sweat, whilst others are amazingly resilient. When life throws them a curve ball, they know how to swing back at it. So, what is the value of using feelings when it comes to manifesting a life that you love?

Using Emotions as Motivation

Did you ever observe someone, maybe a co-worker or family member, and conclude they have it made? everything seems to come so easy to them! Just about everyone knows someone like that, those that appear to lead a 'charmed life'. Did you ever stop to think what particular talent or skill it is that they possess, and wonder whether you could somehow discover the secret to their lifestyle?

Do you have an underlying belief that everyone else has it better, that you are just not that lucky? If you experience this emotion of jealousy, then why not use it to fuel motivation instead of negatively looking at what everyone else has?

> **What we continually think about eventually will manifest in our lives.**
>
> Christina Baldwin

Do you sometimes get angry at missed opportunities such as when someone at work gets a raise and you get overlooked, or is it something as simple as the 'recognition' that you missed out on? Take firm control of that anger and turn it into positive action. Taking care to choose your words carefully, calmly tell someone how you feel. Done the right way, you will not only earn the respect of others but increase your own self-respect, whilst also creating and staying within a healthy boundary.

When you create a healthy boundary, you keep negativity at bay and only allow the more positive vibrations to enter into your life. Holding things in only keeps manifesting away. It's like a brick wall. Positivity and abundance can't find their way in. Clear your energy by speaking your truth. Use statements about how you feel and keep the other person's actions out of it. People only get defensive if anything is said in a confrontational manner.

Turn Your Feelings Around

With patience and determined practice, you really can turn your emotions around. If you feel sad or betrayed by someone, you should be aware, that it is possible to stay within the realms of those bad vibrations for **too long**. Instead of dwelling on those negative feelings, consider addressing the situation with the person and simply state that you feel disappointed.

Take some time beforehand to meditate on this person's good qualities. Recall a time when he or she was really there for you, and helped you out of a bad spot. Once you pull up those good feelings and emotions, you will see just how quickly you can disperse the negative feelings. How long you want to focus on the good, or bad feelings, is entirely up to you, what would you prefer to do?

Like ripples on a pond when you drop a stone in, they extend outwards in ever increasing circles. Manifestation, is just like that, the vibrations of what you are focusing on naturally expand. If you focus on confusion, then your focus will result in expanding that confusion. However, if you try to find some element of peace and moderation within a confusing situation – it will diminish the negative vibrations and expand the vibrations of positivity.

Remember that it really is a matter of your choice on how long you want to dwell on a negative feeling. We possess feelings for a purpose in our lives, they are there to guide our reactions and to manage our well-being. For your own sake as well as those around you, you should make every effort not to dwell on any negative situation for too long. Should you experience difficulties in removing yourself from a negative situation, then do make every effort to speak to someone about it - a friend, a trusted member of the family or your doctor.

If you master the skill of being able to manifest positivity, by learning how and when to redirect specific negative feelings, then you will be able to use your emotions in order to become truly motivated and enhance your own well-being.





THE REAL POWER OF GRATITUDE

I would be surprised if you have not heard about the power of gratitude, and how it can significantly change lives. I am sure you will know what is feels like to be grateful, but you may not necessarily fully appreciate or understand it's complexities as yet. In this article we will explore together what it really means to be grateful, and what this 'power' behind it really is! However, before we begin, it is vital to understand what gratitude definitely is not.

What Gratitude Isn't

If you believe that false gratitude is a method of obtaining what you want, then you couldn't be further away from the truth. False gratitude does not manifest your dreams and expectations, it only serves to confuse them?



False gratitude happens when you pretend to be outwardly grateful whilst inwardly, your subconscious mind is seething, bitter or angry. An example of this is, feigning happiness for an ex-partner who is getting remarried or for a co-worker who got the promotion that you were wishing for. Rather than take out your frustrations and sending negative energy everyone else's way, take a moment to positively recreate and reimagine the negative vibe.

When you recreate the negative vibe, you attract more positivity toward you. It's perfectly normal to be disappointed, feel remorseful or even a little jealous, but actively make a point of not dwelling on those negative emotions for too long.

Where Does Gratitude Show Up?

When you are pretending to be grateful without recreating the negative emotion underneath it, your body can be adversely affected.

Introspective focus on negative emotions often results in anxiety & stress issues, which if left unchecked can invariably lead to problems with our physical health, such as digestive and cardiac complaints.

> **Learning the art of expressing gratitude will force you to focus on the positive.**
>
> **Jim Rohn**

How to Use the Power of Gratitude

When learning to practice gratitude on a genuine level, that will be when the power of manifesting gratitude really shows up. The key word here is genuine, you must be authentic! Get in touch with something from within you - that you are still grateful for. It could be an incident from many years ago, it could be something simple like the sound of rain or a particular smell that you associate with a life event or person. Whatever it is, find your true, authentic feeling of that gratitude.

Now focus deeply on those feelings. Close your eyes and visualize why you are grateful. If you are grateful for the rain, why are you grateful? Picture the grass greener, visualize the flowers blooming. Picture drinking water on a hot and humid day, or if the weather was cool a hot drink and a beautiful log fire. Whatever, your recollections of gratitude are, they are specific to you and therefore genuine. You should try to recall every authentic detail of your feeling of gratitude.

Once you begin to focus on why you are grateful and expand upon that feeling, you will also begin to notice that you are now much more aware of what you are grateful for in other experiences! It takes some practice, some people are able to master manifestation quite quickly, whilst others take a little longer. Try to ensure that your surroundings and environment are conducive to your needs. Noisy and busy environments are obviously not the best places to concentrate, try to choose somewhere calm and without interruption. You are starting a new habit and new habits take time to form and practice

Next, try to find gratitude in a situation that is seemingly negative. For example, if you have a parent who asks too many questions, could you recreate that into being grateful for a parent who really does care about you very much, and would sacrifice everything for your happiness?

While the behavior might be annoying the underlying message is one of unconditional love.

*"**Gratitude** is not only The Greatest Of all Virtues, But the Parent of All Others!"*

~ Sir Winston Churchill ~



The **'Power'** is within **YOU!** - Once you open yourself up to the power of gratitude, you create endless possibilities! – Which you can then share with others – for the good and well-being of us all!



TRUSTING YOURSELF TO MAKE GOOD DECISIONS

The process of simple living is an easy enough concept. You embrace what you have, accumulate less, and hopefully have more time, energy, and money to spend on what's truly important to you. However, if you don't know or understand what is truly important to you, then simple living becomes somewhat complicated. Knowing and trusting yourself to be true to your principles, goals and ambitions will help you to embrace your life fully and live well with what you have.

> "
>
> **Self-trust is the first secret of success.**
>
> Ralph Waldo Emerson

Going from Mass Consumption to Conscious Consumption

As consumers, we accumulate a wide and diverse range of goods, often without putting much thought into them. When you are able to gain full awareness of who you are and what it is that you really want from life; you stay true to yourself and naturally consume less. Instead of allowing the habit of impulse shopping to continue unabated, you will find that it becomes second nature to stop and ask yourself if the purchase supports you, and your desired lifestyle. Mass consumption quickly becomes a thing of the past and conscious consumption becomes a habit – serving you to gain control and achieve your preferred way of life.

To Stay True, You Have to Know Yourself First

Living well with what you already have, means that you are grateful for the items and people in your life. Truly knowing yourself directs you to a point whereby you give yourself love and surround yourself with those people and things that support you. You have to know what your strengths and weaknesses are. Knowing yourself well means, staying true to yourself and creating a life that makes you happy and fulfilled.

Gratitude, plays a significant role in living well with what you already possess. Instead of always wanting and needing more, you can be grateful for what you have. This mindset and level of personal awareness is essential, otherwise, it is all too easy to slide back into old unwanted and undesirable habits.

Staying true to yourself also requires a great deal of self-awareness. You have to be able to listen, not just your natural instincts, but also to your innermost thoughts. You have to be able to sort through those emotions (the ones that that persuade you that you absolutely must buy a new pair of shoes), with a clear vision in your mind's eye that you have for yourself, and your life.



Living well is about finding a lifestyle that supports who you are and what you want for yourself and loved ones. It is nigh on impossible to direct yourself towards that specific lifestyle or even maintain it, if you are not determined to stay true to who you are.

We are evermore bombarded by persuasive advertisements and messages that are quite contrary to <u>your</u> vision of the future. Daily we are informed that we really **MUST HAVE** and **NEED** the latest celebrity designer shoes, new smartphone or latest product technology.



Knowing yourself, means that you have absolute trust in yourself! You have relentless willpower, remaining strong and determined regardless! and never allowing your life's goals and principles to be worn down. It is first and foremost about **putting trust in yourself!** knowing who you really are <u>and</u> identifying precisely what it is that you really want and desire from your life's journey!

Did you know? that the worlds fashion industry alone, contributes to around 10% of the worlds Carbon emissions and that approximately 85% of all used textiles currently ends up as landfill? Buying less clothes would help significantly to save the planet. Wearing clothes longer would certainly be one answer, but we could also adopt the ***'Mend & Sew'*** practices that many of our parents had. Passing our unblemished clothes to others in need, or recycling are alternative ways in which we could all help.



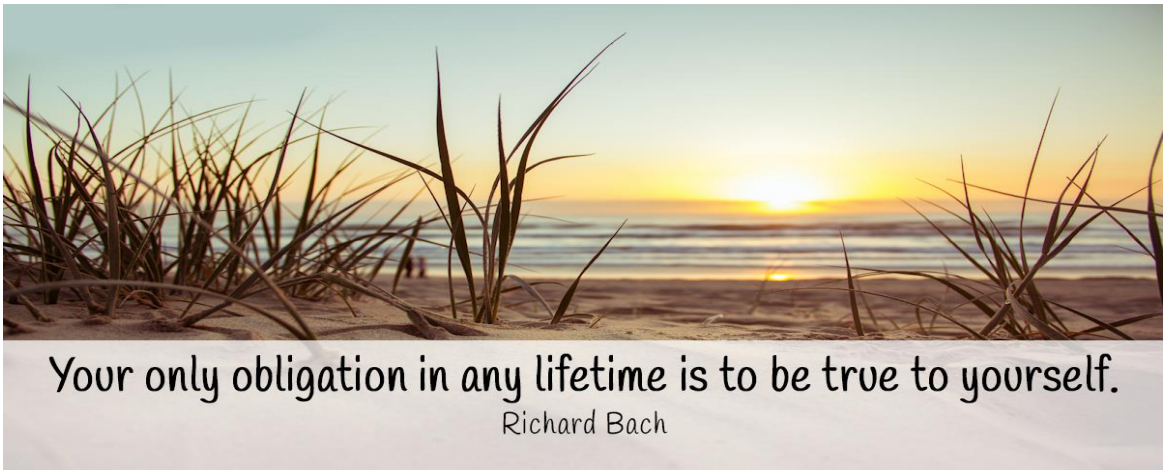
STAYING TRUE TO YOURSELF IS THE START OF LIVING WELL

Making good decisions for you means you have to trust yourself enough to make the right ones.

People have struggled since time immemorial with the consequences of bad decisions. They have second guessed and questioned every big (and sometimes little) decision they have ever made. They have felt the frustration of not trusting themselves enough to know that they were making the right choices.

For the majority of time our decisions are good ones. But for many of us, there will always be a few decisions that we made and are not particularly proud of, like cutting classes, or buying a car we knew we couldn't afford just because we wanted it. It is often the case that those bad decisions came from listening to others.

Most of us are raised with good morals and values. We are taught wrong from right. But we still make bad choices.



How do we learn to trust ourselves to make the right decisions now?

Here are the steps to use:

Get into the habit of listening to your inner voice, sense your gut instinct. In order to do this, you have to disregard all the doubt and any confusion in your head. Sit quietly and focus on calming your thoughts. Find that voice inside you that is filled with compassion and respect - Listen to it!

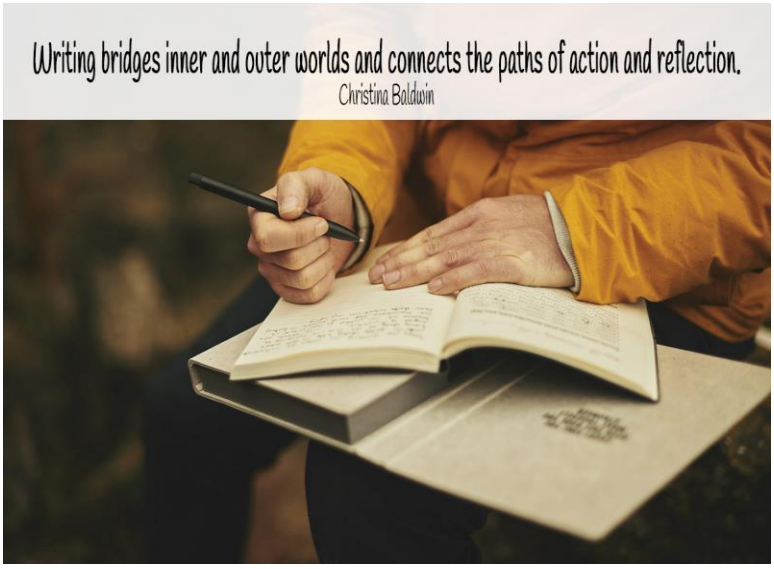
Avoid connecting with those people who weaken your self-trust. These are the ones who use you, or are the naysayers to your dreams. Avoid them whenever possible, especially when you are needing to make an important decision.

> **"Either you run the day or the day runs you."**
>
> **~ Jim Rohn ~**

When you make a promise to yourself, do all within your power to keep it. For instance, you might make a commitment to walk every day. If you break that commitment to yourself, you're actually destroying your own self-trust. After all, if you can't keep promises to yourself, how can you trust yourself to make good decisions?

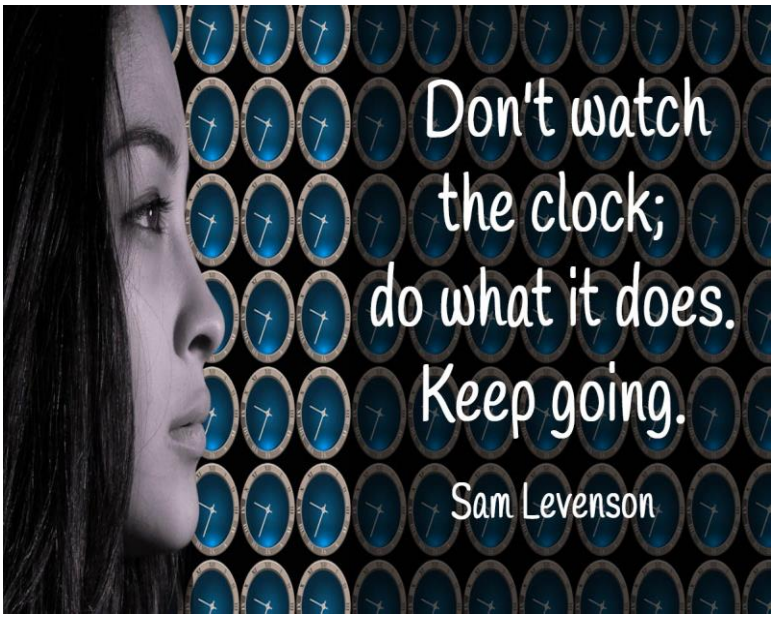
Talk to yourself like you were talking to a friend or loved one. Be kind to yourself, don't beat yourself up! Forgive yourself when you make a make a wrong choice or mistake. Trust yourself enough to learn from mistakes and know that you will make a better choice the next time.

One of the fundamental reasons for keeping a journal is that it not only allows you to record your goals and ambitions, it is also a fantastic way to reflect on what you have already written down. Using your journal (Or at least something that you can make a permanent record on), make a list of the times that you followed your instincts (when at the time everyone else was telling you to do something different) and the outcome was favorable. Make a separate list of the times you followed the opinions of others, which were against your instincts and the results were not good. When you're faced with a big decision, reflect on those times that you trusted yourself.



Endeavour to surround yourself with people who support and understand you. Those people in your life that really care about your happiness and well-being, will love and support you in every decision you make. They will do all they can to help you to have self-confidence and encourage you to trust in your own judgment. Therefore, providing confirmation that you really are more than capable of knowing what is best for you.

But, in the end, just go ahead and make the decision. You have to let go of any insecurities that are keeping you from acting. Remember, no amount of worrying about it will ever change anything, and every minute you spend worrying is a minute wasted of your life. Decisions are made every minute of the day. If you continue to second guess yourself and worry that you are not going to make the right decision, you'll end up stuck and never get anywhere. Trusting yourself enough to know that you are making the right decisions is how you move on with your life.



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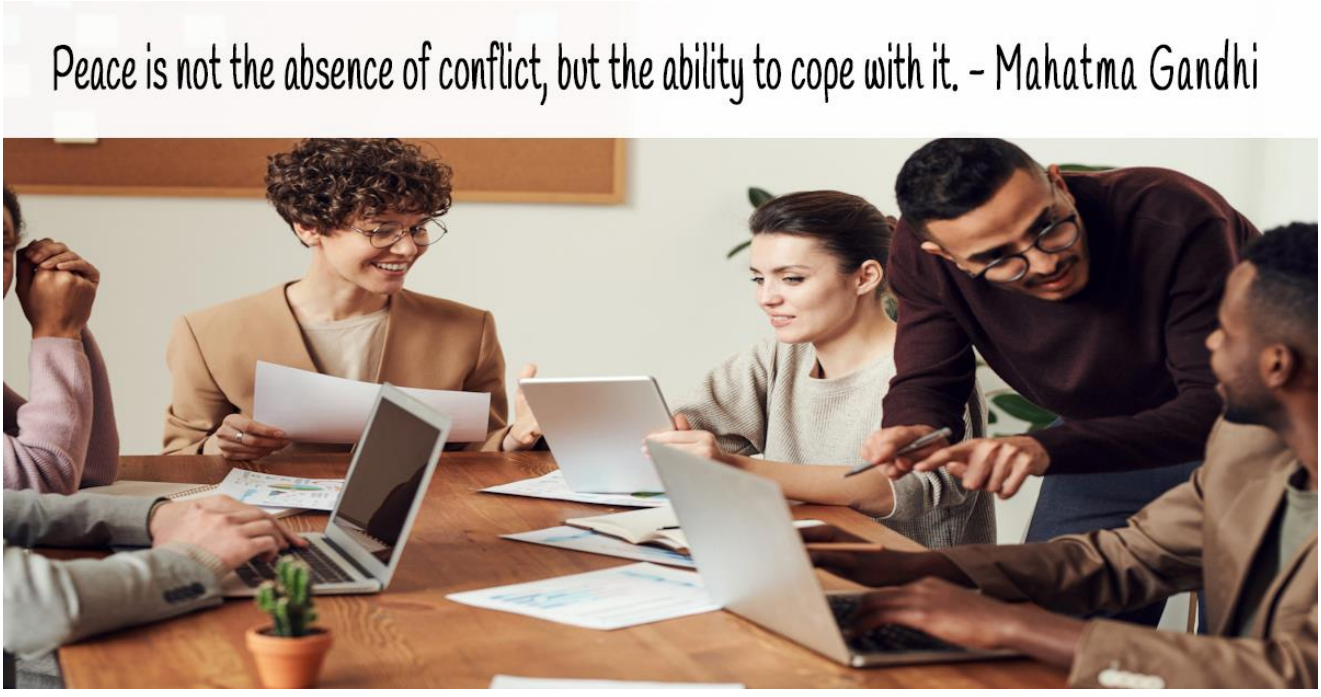
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