

The Areté e-Zine

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FROM THE EDITOR

My apologies, for the delay in this latest edition of the Newsletter, things have been quite manic here at Arete Towers! Due to the nature of the global pandemic, many people have experienced higher levels of emotional anxiety than normal. I am pleased to announce that we will shortly be releasing a series of articles on how you can take control of your emotional health and wellbeing. Covid has turned life upside down for many of us and our sense of normality has become unrecognizable in many ways. . Anxiety is normal at this time. We must take steps to look after our well-being and mental health.

Remember, it's not the bright side but the good stuff. No matter how small. Time with family or pets. Maybe it's time to relax, or work on an art project, or write a book. Finding gratitude for anything you have in your life is key. Gratitude promotes good mental health and a more positive outlook in general which is amazing for your mental health.

Create a schedule for yourself. This can be for work, school, or personal projects. Having a structure to your day helps you have meaning, purpose, and encourages productivity. This can bring contentment and structure to your life. Connect with friends and family using technology. Social media, video conferencing and phone calls will help you stay connected to people you care about. Social isolation is avoidable by reaching out. Connecting with friends can help take the fear out of the pandemic, or at least reduce it. Don't always wait for your friends to call you. Reach out to them.

Living through this pandemic is scary, but keep in mind that you are not alone and there is a lot of support out there for you to take advantage of. Staying healthy, optimistic, and taking care of yourself are keys to healthy well-being.

Until Next Time/.....Jonathan.



DOES THE LAW OF ATTRACTION REALLY WORK?

The general theory of the law of attraction (LOA) is that you can project into the universe all your desires, and with the right mindset and actions, you'll achieve your goals.

Manifesting the life of your dreams just by thinking about it seems like something of fairy tales, and well, it is. You're not going to get all that you want (or need) just by wishing or thinking positive thoughts. You're going to have to take actions which help you reach your goals and ultimate reward.

The law of attraction absolutely works, but many people who don't pay close attention think it's all about "thinking" and not about "doing." But understand this. The law of attraction incorporates both mindset and action.

The LOA Affects Your Entire Life

Many people start their Law of Attraction journey using positive affirmations to affect and change their mindsets. This is an essential part of the journey, but you must understand that results don't happen overnight.

> **The law of attraction is always working, whether you believe it is.**
>
> Unknown

They generally occur your entire life and build upon each other. Nothing happens suddenly, even when it feels as if it does.

The LOA Needs High Frequency

According to the LOA, everyone emits a different frequency. Their frequency level will bring them luck and happiness in life. The higher your frequency, the more positive you'll be, and the more you'll get what you want and need from your life.

The LOA is Influenced by Your Unconscious Mind

A tricky part of the LOA is that the positive or negative things that happen are swayed by your unconscious thoughts. Therefore, if things aren't going right, and your frequency is low, you may need to work on your unconscious mindset.

The LOA is Intention-Focused

The place you most put your focus on is where you'll get the results. If you want your results to be different, it's imperative that you examine rationally where you're putting your attention. For example, you're focusing on the negative aspect of the thing you want to change instead of the positive things that come with the change.

The LOA Requires the Right Type of Focus

If you want to achieve a goal using the Law of Attraction, it's imperative that you focus on those things correctly. For example, if you want to get in better physical shape, instead of looking in the mirror at your body in disgust start complementing the parts of your body you want to change. As you find and do the right exercises to care for each of those areas and show love to those parts of your body more.

The fact is that the more time you spend learning about the law of attraction and implementing your knowledge, the more amazing results you're going to receive from your life. However, you need to do a lot more than "think" you also need to "do" if you want amazing results by using the law of attraction in your life.

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WHAT ARE VALUES IN LIFE?

Values in life are the ideals that will guide your decisions, behavior, and actions. When you take the time to identify your own values in life, you'll end up living a much happier life because you can use what you know about your values to make the right choices as you grow and move forward in life.

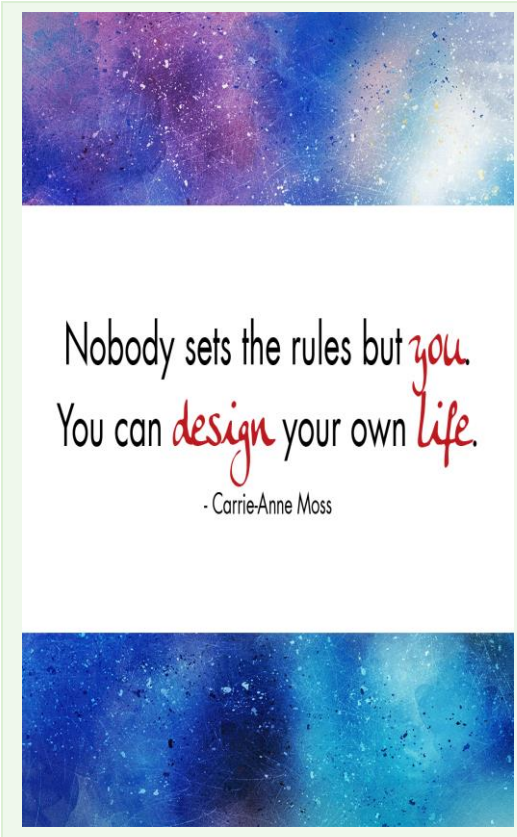
Some examples of life values include:

Honesty – Telling the truth as you know it, even when it's hard.

Integrity – Doing what you think is right, even if others will not like it. Not involving yourself in a situation if you have a conflict of interest

Compassion – Caring about others and yourself in a way that focuses on your own actions.

Dependability – Doing what you say you will do on a regular basis so that people count on you when you say you will do something.



Humor – Trying to see the funny side of any situation and life so you can be more positive.

Innovation – Evaluating situations outside the box.

Service to Others – Many religious folks and humanists create a life based on how they can serve others.

Of course, there are hundreds of potential life values that you can evaluate. Here are 50 ideas from CMU.edu that you can use for yourself. The general idea is that a value is a guiding principle that you use to help you make choices.

Identifying your core values may take some introspection and time. But, when you take the time to do it, you'll find that almost every choice is easier to make because you have past experiences, knowledge, and lessons on which you can base your decisions.

For example, if you've decided that one of your core values is service to others, everything you choose to do from which degree to get in school (even to get one or not), and down to what you eat for dinner might be affected.

To figure out your core values, you'll need to look at the different values to figure out what gives you the most joy in life and feelings of success.

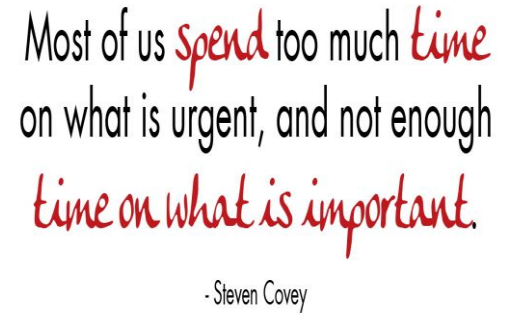
You're changing your life right now and decided that environmentalism and minimalism are two of your core values. You're busy selling all your junk, downsizing, and eliminating waste from your life.

Having those values cause you to make vastly different choices now. When you are shopping, you have those values firm in your mind as you make your choices.

More than likely, you'll shop at thrift stores and other second-hand options before you ever go to a big box store. Additionally, if you buy a vehicle, a home, or even go on a vacation, you'll choose differently than someone who has different core values.

> **Living with integrity means behaving in ways that are in harmony with your personal values.**
>
> Barbara De Angelis









FOUR TYPES OF AWARENESS

As you work toward becoming more self-aware, understanding the diverse types of awareness can help you become more mindful and even intuitive. In turn, this knowledge will help you make better choices in life.

The more open and aware you are, the more likely you are to make good decisions for your entire life. Each author specializes or prefers to discuss certain types of awareness. Here we'll talk about self-awareness, social awareness, organizational awareness, and knowledge awareness.

> **Let us not look back in anger, nor forward in fear, but around in awareness.**
>
> James Thurber

Self-Awareness

Getting to know your inner-self and your unconscious mindset is important. If you haven't taken time to get to know who you are, what motivates you, what makes you unique, you need to take time to get to know and accept yourself as you are. This includes your strengths, weaknesses, emotions, behaviors, and your core values. When you do this, you have self-awareness.

Self-awareness is learned, over time. As you grow, learn, and experience all aspects of life, you become more self-aware. To become more self-aware, consider keeping a journal to track your behaviors and examine the issues that stop you from reaching your goals in life.

Social Awareness

When you're socially aware, you have developed the ability to relate to and understand others. You know how you react with others in different environments. You know automatically that you'll like or dislike any particular social situation.

To improve your social awareness, observe body language, ask questions, and listen more than you talk. Try adjusting your communication methods based on how the people you're with are communicating.

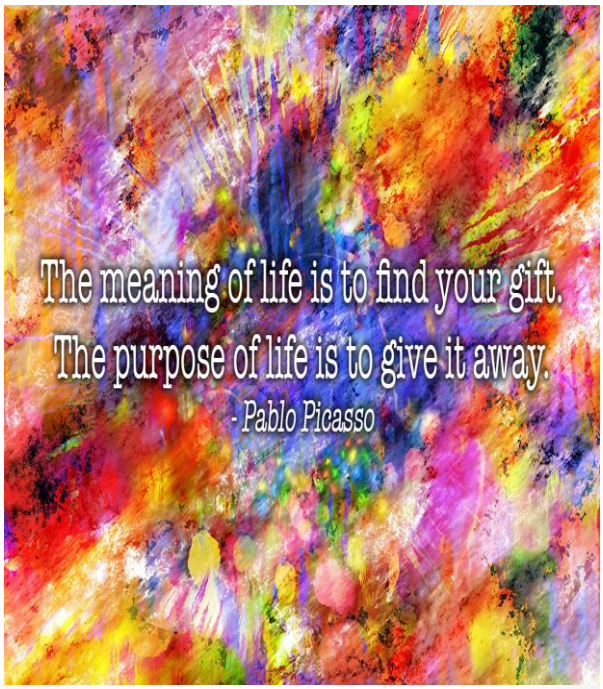
Organizational Awareness

Whether you work for yourself or work in a business, there are values and norms for each group. Understanding those is part of your awareness growth. For example, how do you like to interact with people? Do you like leading groups at work? How does the organization serve you?

Learning to deal with diverse types of people in a mindful and productive way takes some time. Most people rely on their intuition in these situations. However, if you take the time to get to know the organization and know what the universal values and notions are, you can become even more organizationally aware.

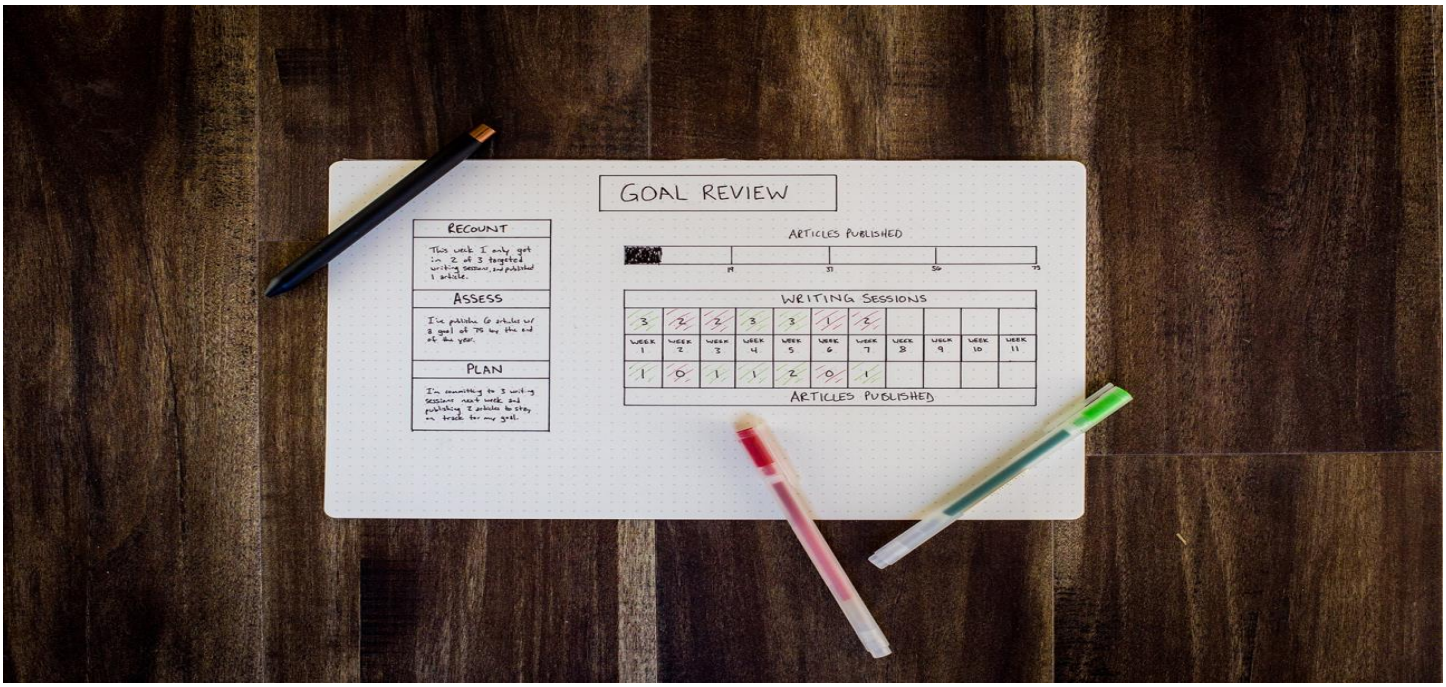
Knowledge Awareness

This one is tricky. Because as soon as you read this, you'll have this type of knowledge that is so important for self-awareness growth. When it comes to knowledge, the moment you can accept that you don't know what you don't know, you can start making better choices in life.

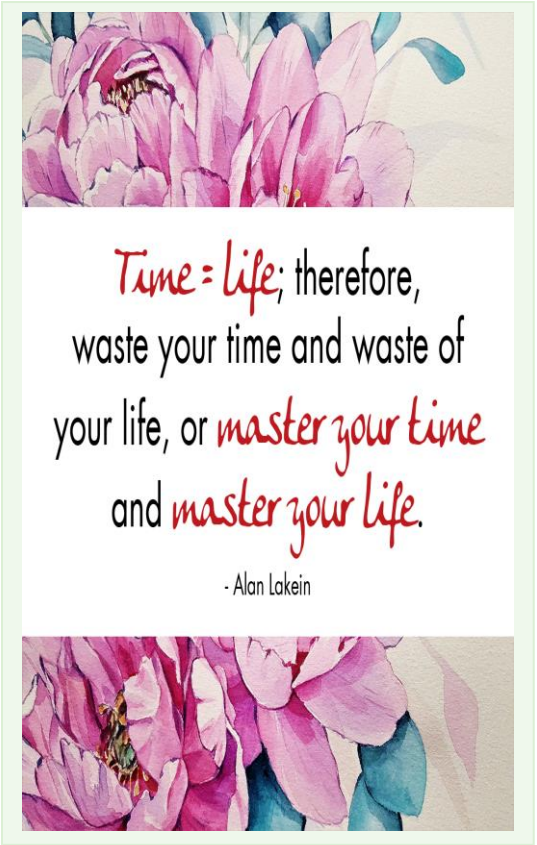




There is always something that is unknown. The willingness to accept that you really cannot know everything and accept it is liberating. In fact, exploring the various levels of awareness can help you become more self-aware. As you go through the process, the more mindful you'll be about the decisions and choices you make in your life.



GOAL SETTING TO TAKE ACTION



Goal setting is an essential part of your life if you ever want to achieve the things you set out to do. You can tell yourself (and others) all day long that you want to make seven figures and go on a cruise around the world, but if you don't set up exact steps to take to get to that goal, it won't happen.

Set SMART Goals

Read all you can about setting **SMART** goals. Essential learning how to set **SMART** goals will help you develop goals and make plans to achieve results. Learning this method is going to help you in all aspects of your life.

A **SMART** goal is a goal that is **Specific, Measurable, Attainable, Realistic, and Timely**. This means that you need to name the result, have a way to judge if you have met your goal, and ensure that it's realistic. Also, the result needs a due date.
Start from Planning from The Result

Once you have figured out what result you desire, you need to plan from that due date backward until the day you want to start working toward the goal, such as today. Every single day, you're working on something to get you to your goal in a timely manner without deadline pressure.

Develop Action Steps

From the planning phase, you want to come up with each action step that you need to take, other people need to make, and that must be finished to achieve the goals you have set. For example, if you've set a goal to declutter your home in 2021, you'll want to start from day one of 2021 with small steps each day that will result in an uncluttered home by December 31, 2021.

> **Don't decrease the goal. Increase the effort.**
>
> Unknown

Schedule Everything

Put everything you've decided to do on a schedule in your calendar. Remember that your calendar should have everything you need and want to do written down in it. This is the best way to achieve more by chunking your time for each goal you're working toward in a realistic way. It's so much easier to focus on today this way than what is going to happen six months from now.

Find an Accountability Partner

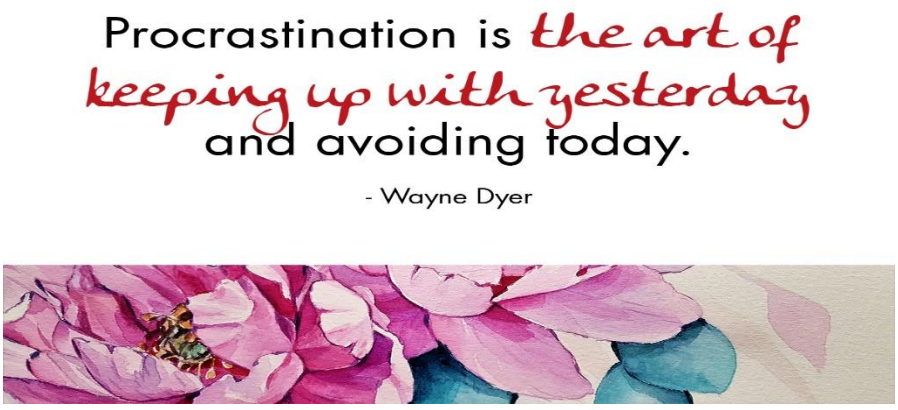
It really depends on your goal, who should be your accountability partner. Don't think it always has to be a person or someone who is doing the same as you. You can gain accountability on your own by scheduling reviews of your progress during the action part of working toward your goal. You can also hire a life coach, get a counselor, or just ask your best friend. However, it's vital that you choose someone who doesn't struggle with the same blockers as you.

Keep Working Toward Your Goal

This is the most essential factor for goal setting for action takers. Perform the actions you've set up to achieve the results you desire. If you've done an excellent job scheduling and planning, it should just be a matter of following the roadmap you created for yourself.

Achieving goals requires action. Setting **SMART** goals will help you design the steps that are most impactful toward reaching those goals that you set. Take the time to use **SMART** goals for everything you want to achieve, and you'll find yourself growing in success more and more every day.







HOW TO THINK LIKE A LEADER

If you are trying to become a leader in your field, it will help you to understand how leaders think and act. There are things that effective leaders have in common that they do well. Leaders have a moral obligation to society, to be honest about their goals and vision for what they are trying to achieve so that their followers aren't misled.

Share Your Vision Effectively

Excellent communication skills are imperative if you want to be able to think like a leader. Learn as much as you can about human nature and how people communicate in their environments to help you bring your vision to life to your team using the terms they understand.

Show Your Empathy

A truly effective leader can put themselves in someone else's shoes and feel something. If you can't look at others and understand their feelings based on past experiences, even if you're not in their shoes, literally, you may want to practice.

> **Knowing what we should be doing and actually doing it are two very different things.**
>
> Herminia Ibarra

Find ways to show that you have empathy for other humans.

Listen More Than You Talk

A genuinely beautiful trait of a good leader is the ability to listen to what others are saying. Listening more than you talk will go a long way to helping you think more like a leader because you're going to learn more when you listen.

Confidence and Authenticity

Leaders usually exude confidence, but some leaders are faking it. Sadly, faking it until you make it is not really that good of advice because you'll feel like a fraud. Instead, it's okay to say you're nervous about public speaking, or whatever it is, openly while still doing it confidently.



Put the Mission First

One way to be a good leader is to become mission focused. Sharing with others the mission in a way that helps others also want to put the mission first will require a lot of talent on your part because people want to distract you, but the mission is the goal or point of everything.



Practice Action Focused Goal Setting

Learning how to set goals that can turn into daily action for you and others is an essential function of a leader. Learn all you can about setting **SMART** goals and practice it in all parts of your life so that you will become a more goal-oriented mission-focused leader.

Be the Example

If you want to be a leader, you must do precisely what you say for others to do. In other words, practice what you preach. If you tell others that they need to save money for retirement and you're not doing it, what kind of leader are you? If you blog about minimalism, but secretly you are a hoarder, you will be discovered.

Engage and Connect with Your People

As a leader, sometimes, the people you lead will not just open their lives to you or communicate with you until you open the door. Take the time to truly engage and connect with your people on an authentic level.

Roll Up Your Sleeves

Get to work yourself and do the things with your team. If you're not afraid to scrub a toilet, neither will your kid be right? The same happens if you are a small business owner or project manager. If you're okay with getting in there and working hard, everyone else will want to as well.

Being a leader carries enormous responsibility. Maintaining your values and character is essential to continue being a leader that others look up to and want to follow and emulate. Use your skills wisely.



THE SECRET TO FINDING BALANCE IN LIFE

The biggest secret to finding balance in life is to accept that balance doesn't always mean things are equal day in and day out. It really means that you can, most of the time, achieve your goals in life regardless if it's about home or work. Achieving that balance in life takes an understanding of yourself, of others, and the ability to set goals and make schedules and plans that help you reach your goals.

Know Your Life Values and Priorities

It's almost impossible to make choices when you don't even know what your values or and due to that, don't know what's important. Take the time to create a life mission statement or purpose statement so that you can always look to that in any given situation to help guide your choices.



Practice Setting **SMART** Goals

Creating realistic goals is an essential skill. The easiest way to think about goal setting is to use SMART goals. You can learn about SMART goals by reading about them on Wikipedia, or on your favorite how-to site. In short you want to create detailed goals with specific metrics. You'll need to ensure every goal is specific, measurable, attainable, realistic, and timely. Also, ensure that any goal fits in with your values and priorities of life

Boundaries and Nurture Yourself

If people are always asking for more, it'll be hard to balance your life. Take the time to learn to say no if you have no reason to say yes. Also, learn to put yourself first in terms of your health. Eat right, exercise, and get to your yearly appointments because if you're not healthy, it's hard to do well in life.

> **Balance is a feeling derived from being whole and complete; it's a sense of harmony. It is essential to maintaining quality in life and work.**
>
> Joshua Osenga

Organize and Plan

Don't underestimate the value of organizing and planning. When you take the time to really get your life organized both mentally and physically, the idea of balance becomes suddenly much more possible and likely. Get out that calendar and write down everything you want to and need to do in life including personal and work. Put it all in one calendar so that you can truly control your time.

Put Family First

When you do start scheduling the things you need to do, when that calendar is still blank, fill it in with your family activities and responsibilities first. It's more important to go out on a date with your spouse than it is to work overtime unless you are running out of money and need the money. Otherwise, put the family and fun before everything else and work around that.

Expect Roadblocks to Occur

The tricky part of balance is that you cannot always account for everything. As they say, you don't know what you don't know. But your mindset will play a massive role in how you deal with those roadblocks. Create flexibility in your schedule so that it won't impact your life as much and make you feel off-balance.

Practice Positivity

The more you can practice a positive mindset, the more you'll feel like you have balance in your life even during the times, and it will happen, that you feel anything but balanced. Keep a positivity journal and write down three things you're grateful for each day to help.

Use Your Calendar Religiously

Don't underestimate the power of a good calendar. If you compartmentalize your life and give yourself enough time to do each of the things you've determined are essential for your balanced life, all of it will be much more likely to happen. If you just go at life without a plan, you're less likely to finish anything.

Let Go of Toxic People and Things

Toxic things and people in your life will ruin your balance. This includes mean people, but it also includes food, drugs, and activities that are not good for you to do. For each person, this will be different, and it takes self-awareness to come to the right conclusion.

Stop Multitasking

Whether you realize it or not, no one can multitask. Study after study shows that we only think we can multitask. This is important to know as you create your schedules in your calendar for the tasks you want to do each day to work toward the goals you set. Don't watch TV while you're reading, don't do data entry while you're watching TV, don't spend fun time with your spouse while you're reading emails on your phone. One thing at a time will work best to maintain balance.

Ask for and Get Help

You cannot do everything on your own. No one can. Ask for and get help in the areas you need it without apology. Your spouse, your kids, your friends (or someone you hire) can and should help you get things done so that you have more balance in your life. No one is alone on an island.



Finding balance in your life simply requires that you are open to setting attainable goals properly, creating a realistic schedule, and being committed to following it, to reach the goals you set.



USING YOUR INTUITION TO MAKE BETTER DECISIONS

Some people think that intuition is a mystical ability to make decisions based on an internal "knowing" provided by some magical entity or magic.

The truth is much less exciting and romantic, but it's still just as useful. Intuition is just the ability to use your knowledge, conscious or unconscious, to make decisions quickly.

Realize You Know Things

There are things you know, not because you studied it, but just because you've always known it. For example, if you hear the word "ball," you already know what that is and have for longer than you can remember learning it.

We all have that type of knowledge that we gather over time. You also have the knowledge that you learn purposefully that your mind remembers even if you aren't aware of it.

> **Trust your instincts and make judgements on what your heart tells you. The heart will not betray you.**
>
> David Gemmell

Seek to Understand the Issue

Anytime you need to make a choice instead of focusing on that choice or what to do, focus on learning about the issue from every angle so that you can make decisions based on more knowledge.

Know the Place of Passion and Desire

Some people mistake passion or desire for intuition, but that's not it. Intuition is more like a feeling of knowing the answer without being sure why you know the answer. Often it just comes to you, even if you don't like it. So, passion and desire are not essential to make a choice based on intuition. However, when narrowing the field, they are the two factors that will help you make your final choice.



Map Out the Possible Impact

Take the time to figure out what is going to happen based on the choice you are making. That way, the next time you have a decision to make you can use what you learned from this situation to better inform your intuition later.



Seek Education and Experience

The practice of being a lifelong learner will increase your knowledge and therefore make your intuition more accurate. Even things you don't think you remember do make an impression on your mind and help you improve the results and effectiveness of intuitive decision making.

Practice Mindfulness

Staying aware of the here and now will help you be more accepting of your thoughts, feelings, and environmental sensations that affect your choices. Many people like to meditate on an opportunity before coming to a decision because they can clear the mind clutter and allow their intuition to really come to fruition.

Most people believe that making an intuition-focused choice means that they should do this without checking the facts, as soon as the thought comes to mind, but if you want to make your intuition better, you'll need to be willing to use analytics and reason to check up on yourself. The more you double-check, the more accurate your intuition will become because of the knowledge you're developing in your subconscious and conscious mind.



VALIDATION: WHY YOU NEED IT

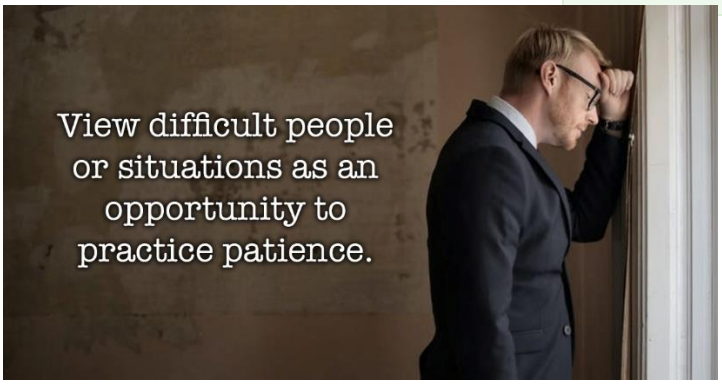
When you validate something, you simply acknowledge its existence. It doesn't mean that you agree with the person or even that you support them in their feelings. It only means that you recognize the thing that you're validating. It's merely recognizing the other person's point of view. When you validate others, you may do one or more of the following.

Offer Acceptance Even if you Disagree

One thing to remember is that when you validate someone, you're not always agreeing with them. You don't have to agree with people to validate their thoughts, feelings, beliefs, or situation. Saying something like, "You're feeling angry about this. I accept that" will go a long way toward further communication and nurturing of the relationship.

Provide Recognition of Their Point of View

Recognizing someone's point of view is a compelling way to communicate with someone. Again, you don't have to agree with someone's point of view to validate it. You can simply state that you recognize it, and they're going to feel validated if you don't say "but" after you recognize their view.



Reassure Them They Have a Right to Their Feelings

Even when something is wrong, it's their right to feel how they want to feel. Avoiding telling people they "shouldn't" feel that way is a great way to ensure that you are validating someone's feelings. Stating, "You have a right to your feelings," doesn't take away from your own ideas about their feelings, but it does give them the validation they need to stay open to continued communication.

> **Nothing is as empowering as real-world validation, even if it's for failure.**
>
> **Steven Pressfield**

Assure Their Importance in The World

No matter what someone thinks or feels, they are essential in the world. Offering people validation gives them that assurance that they aren't all alone. When you genuinely show someone, you hear them, again, even if you don't agree, it really does go far in keeping the communication going.

Encourage Effective Communication

Communication is often mentioned with validation because it's one of the most significant advantages of understanding and offering validation to people you're communicating with. It's one of the best skills anyone can learn in life.

This is a skill that you may need to develop and practice. It's hard sometimes to first react to people with the thought of validating them. However, if you make it your goal, you'll soon find that it's helping you.

Validation is a simple concept to understand, and if you practice it with your relationships, whether personal or business-oriented, you will see a vast improvement in your overall communication as well as your likeability.

Plus, people will grow to trust you more and be more willing to talk to you about difficult topics because they know you won't judge them, and that you are truly listening and not only that but that you heard them.



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