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The Arete E-Zine

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Welcome to **2022** and the **February** issue of **your Arete E-Zine**.

So, the long and seemingly endless month of January has finally ended. Always seems to a dreary, cold month with all the bills landing from Christmas, that have to be paid. Well, at least the sun has finally shown its face and reminds that Spring is not far away! - New Beginnings!

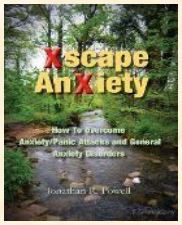
The **Big News** for us here in the **U.K.** is our that our beloved **Queen Elizabeth II** will be celebrating her **Platinum Jubilee - 70 years on the throne**, making her the longest serving Monarch in the world! – What an outstanding achievement! **Now 95** Years old – and still actively working every day. She has been through every kind of desperate situation that many of us can only ever imagine, as U.K Sovereign, Wife, Mother & Grandmother she still manages to retain a positive outlook and continues to uphold the highest of values and personal integrity. We send her our heartfelt thanks for the wonderful service given and the example that she has actively demonstrated to all of us, and wish her every happiness for the future!

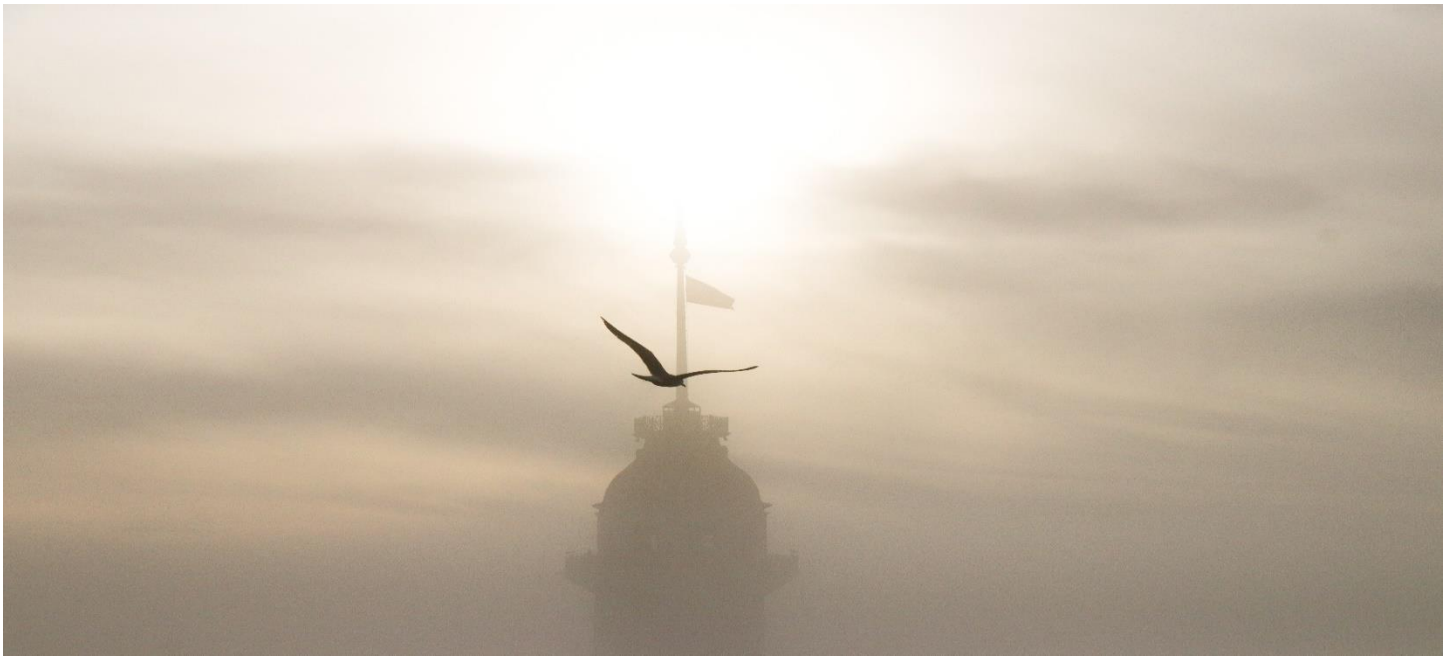
This month's issue has another Eight **New Personal Development Articles** for you, which are packed full of valuable information to help you achieve your life's Goals & Ambitions.

My New book **'Xscape AnXiety'** published by **Paragon** is now available at all good bookstores!, such as **AMAZON**, **Waterstones** & **The Book Depositry** etc.. **See 'Offer Page' on Page 20** –For more details.

It Explores ways of overcoming Anxiety / Panics Attacks and General Anxiety Disorders, Offering Guidance, Strategies and Techniques to cope with the stresses that these conditions often present. It also provides the reader with an understanding of Common Medical terms used and Treatments such as **CBT** and **OCD.**

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





BRAIN FOG – CAUSES & SOLUTIONS

Brain fog, although not a specific medical term, is precisely what it sounds like, a dense mind fog, that prevents you from processing your thoughts clearly, similar to what you may have already experienced when you have had a heavy cold or a bout of influenza. Recognised symptoms include having difficulty in concentrating, feeling confused or thinking more slowly than usual. It can cloud your thoughts, memory, comprehension, and adversely affect your judgment. It can also affect your sleep patterns, and lead to other undesirable health problems such as mental fatigue and obesity.

When you lack mental clarity, you inevitably make unreasoned or poor decisions, which can result in taking inappropriate actions. This obviously can have an undesirable effect on your personal and/or professional relationships.

If you suffer from brain fog, you are certainly not alone. Brain fog affects around 750,000 (11.1%) of people in the UK, at some point during their lifetime. Until recent times, brain fog was often referred to as 'mental fatigue'. It is also a symptom experienced by sufferers of **'Long Covid'**, which is currently under medical research.

> **"**
>
> **Due to intense brain fog all of my thoughts have been grounded until further notice.**
>
> Unknown

If you are unsure as to whether you've felt brain fog, check out the symptoms below. Keep in mind that symptoms will vary from person to another, but usually includes one or more of the following symptoms.

Lack of Mental Clarity	**Confusion**
Emotional Detachment	**Depression**
Forgetfulness	**Headaches**
Inability to Focus	**Insomnia**
Irritability	**Mood Swings**
Body Aches	**Stress or Anxiety**

Low Energy or Motivation

Poor Concentration.

Brain fog, can be sign of many different issues, conditions, and illnesses. Here are four common causes of brain fog and what you can do about them.

Inflammation and Hormone Imbalances

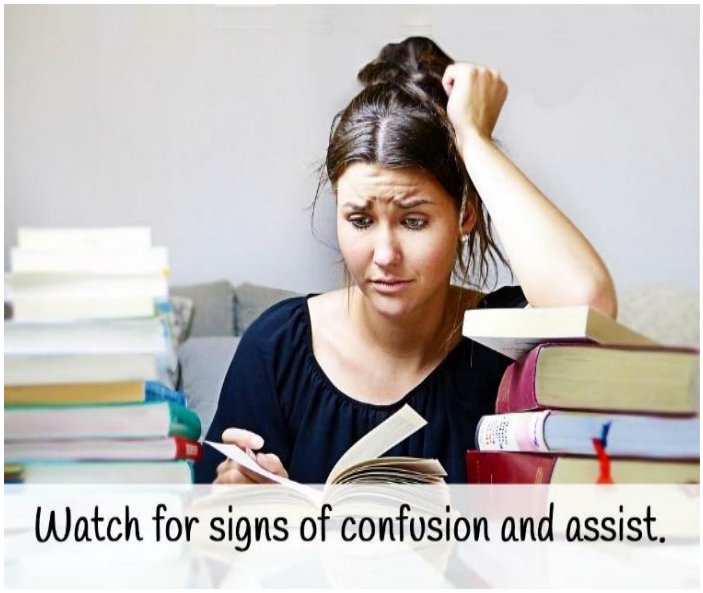
Poor diet and lack of exercise can lead to poor nutrition and reduce the body's vitamin levels that can cause inflammation. Inflammation is by far the number one culprit to many diseases and symptoms. It restricts the amount of oxygen and blood flow needed for your brain to function at its best. It is recommended that you consult with your physician and request a complete blood count, if you frequently suffer from brain fog. In addition, low blood levels of vitamins such as D, B12, and iron can easily cause inflammation, lack of mental clarity, and difficulty in focusing.

Stress and Anxiety

Oxidative stress or free radicals caused by environmental stressors, such as pollution and heavy metals can cause damage to your cells and tissues. These free radicals are responsible for many symptoms of stress and anxiety seen around the world. Vitamin E, flavonoids, and polyphenols are great resources to use to combat these free radicals. Chili peppers, whole grains, red wine, and fruits and vegetables are just a few examples.

Poor Sleeping Habits

If you aren't sleeping soundly and often wake up feeling tired, you may have one or more undesirable sleep habits that are preventing you from getting a good night's rest.[1)] For instance, you may be a night owl, suffer from sleep apnea, insomnia, or have a sleep pattern that varies (Such as Shift-Work), or perhaps a noisy or light polluted sleeping environment. All of these can contribute to brain fog. As an adult between 17 to 64 years old, your body requires seven to nine hours of sleep each night to give your body time to replenish itself at a cellular level. Sleep deprivation can cause mood swings, depression, and in severe cases even permanent brain damage, due to constant overstimulation.



Electromagnetic Radiation & Overstimulation.

Smartphones, personal computers, or any technology that requires radio waves, microwaves, infrared, optical, ultraviolet, x-rays, or gamma-rays can cause problems with over exposure. In other words, scrolling on social media or spending too much time in front of the television can cause strain on your eyes and affect your sleep patterns, ultimately leading to brain fog. Therefore, limiting the amount of time spent on or with technology is crucial to your well-being.

There is no reason to allow brain fog to prevent you from living a successful and fulfilled life, provided that you take reasonable care of your general health and adopt good habits to assist your body's needs. Left unchecked, many of the causes of brain fog can have undesirable lifelong effects on your well-being and can even result in permanent damage. Try these solutions and remember to seek the help of a physician if you find the situation persists, so that any underlying cause can be found.

[1)]Note, for more information on Sleep – See our e-zine article – **"FOUR COMMON FACTORS THAT MAY RUIN YOUR SLEEP" – January Issue 12.**



4 STEPS TO MAKING BETTER CHOICES

Being in a position to make better choices is essential to your overall health, happiness, and success. It allows you to have a meaningful understanding of yourself, lead with confidence, and project positivity as you progress forward with your goals. Sound decision-making skills allow you to ensure that you are able to live the life you have strived for. Follow the four easy steps below to help you to make better informed decisions in your life.

Step One: Define Your Life Goals.

If you don't have any clear idea of what it is that you want from life, you are more likely to make poor life choices. It is a fact that just going with the flow, can waste precious time and resources. However, taking the time and effort to clearly define your goals, will allow you to understand your objectives better. As you select and implement the right tools and resources to help you control and direct your life, you will learn even more about yourself and your goals.

> **Sometimes it's the smallest decisions that can change your life forever.**
>
> **Keri Russell**

Step Two: Accept Your Mistakes and Avoid Perfectionism

Making better choices doesn't mean you won't make mistakes. Avoid trying to achieve perfection, it's never going to happen. It's unrealistic and will only lead to more problems along the way and impede your progress. Trying to be perfect undoubtedly decreases your confidence and eats away at your motivation. When you anticipate and accept the possibility of making mistakes, you are far more likely to find a solution, pick yourself up, and continue on to succeed.

Step Three: Evaluate Possible Results and Consequences

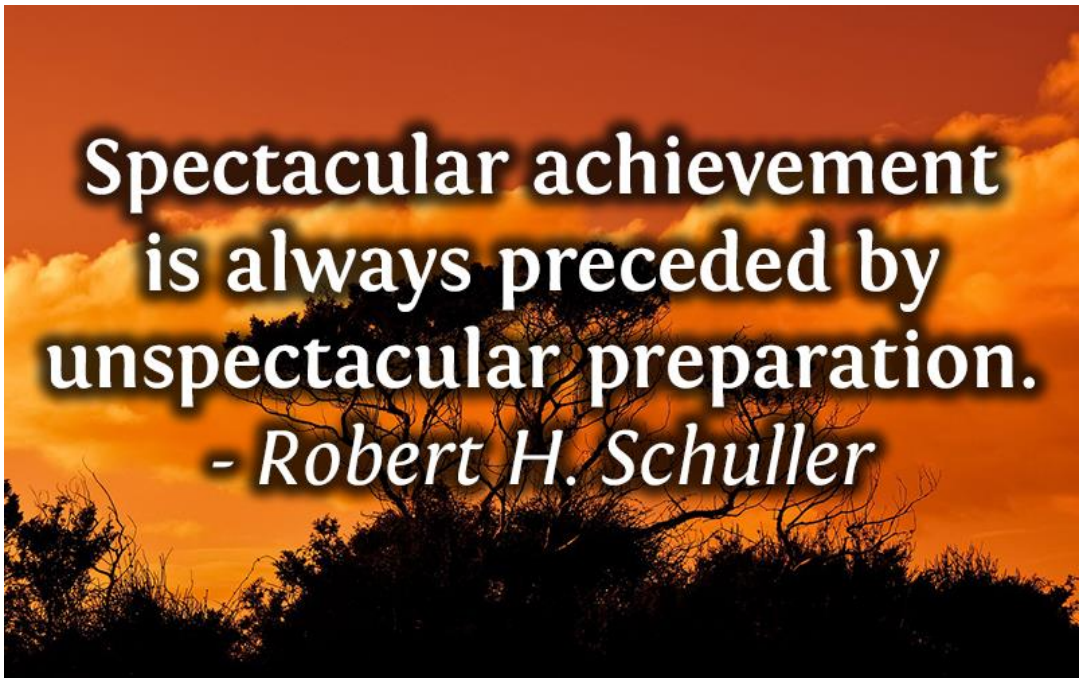
As you set about making choices, visualise in your mind's eye, the possible short-term and long-term consequences of your actions. What may seem like a wonderful short-term decision may not benefit you in the long-term. This is why you need to think though and plan for common problematic results.

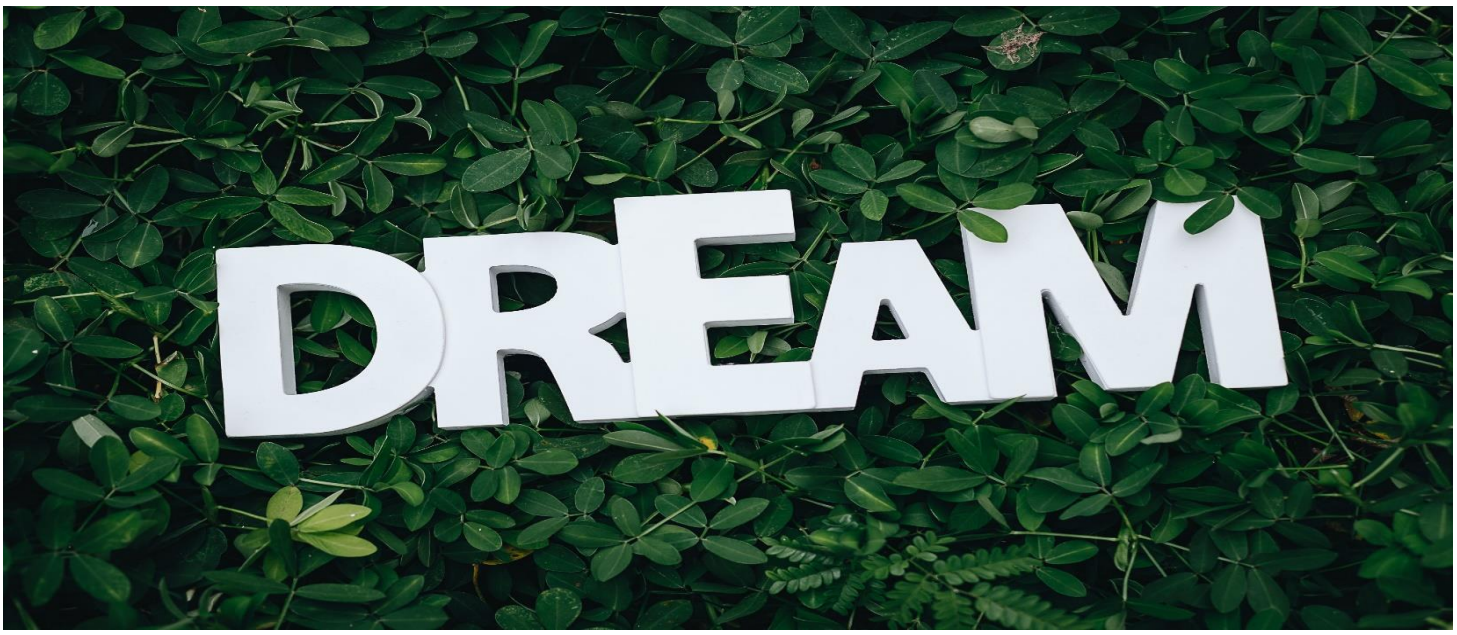
Step Four: Change Your Perspective

Never be too proud to ask for help and feedback, from those that you admire and trust the most. Getting feedback and advice from others, provides a different perspective and viewpoint. Explain your situation and the goals you'd like to achieve. Then respectfully, ask for any information and/or resources that they may be willing to provide. This can help you see and understand any potential problems and the value of alternative options from another's perspective.

Other people's experiences in life can be more valuable than your own. To change your perspective, even further, try pretending that you are giving your best friend or a family member advice, instead of yourself! Determined and driven people are often their own worst critic. So, place yourself outside of the project, and view it from a different angle and improve your decision-making processes.

Overall, the key to make better life choices, involves accepting your faults, recognising your true potential, managing your emotions and targeting your activities. You need to make a conscious decision to consider carefully what it is that you really want, and what actions are required in order to achieve your desired success.





HEALTH BENEFITS OF DREAMS

According to science, people dream an average of two-hours every night. In that time, you will experience more than one dream which will last from five to twenty minutes.

This means that you will spend about six years of your life dreaming. While that may sound like a lot of wasted time, it's not wasted. New research and studies show that dreams may help you learn and process information. Here are some of the benefits that dreaming may bring into your life.

Dreams Boost Your Memory and Brain Function

Proper sleep is vital for memory and brain function. When you sleep, your body goes into replenish mode restoring and rejuvenating hormones (allowing for instance muscle tissue repair). In order to do this and enter into a dream state, your sleep cycle needs to reach the stage known as the **REM** state or the **R**apid **E**ye **M**ovement stage. This is when your brain activity increases, usually around 90 minutes into sleep. **REM** is important for learning and memory function.

> **"**
>
> **You see things; and you say, 'Why?' But I dream things that never were, and I say, 'Why not?'**
>
> **George Bernard Shaw**

Within this stage, your brain is able to eradicate anxiety-inducing toxic chemicals and process new information. Thus, allowing your brain to repair and reprocess memories. Allowing your coping mechanisms to manage better your emotions, stress, or anxiety.

Dreams Improve Symptoms of Depression

Whilst research shows that dreams are mostly negative, a study conducted by Psychiatry Research in 1998 noticed that those who expressed sadness or feel down before going to bed started to see their systems improve after waking up. Furthermore, the further they went into the study, the less negative their dreams were. However other participants who were in a neutral mood, did not notice a meaningful change. This implies that dreams may have a moderate therapeutic response to those who suffer from depression.

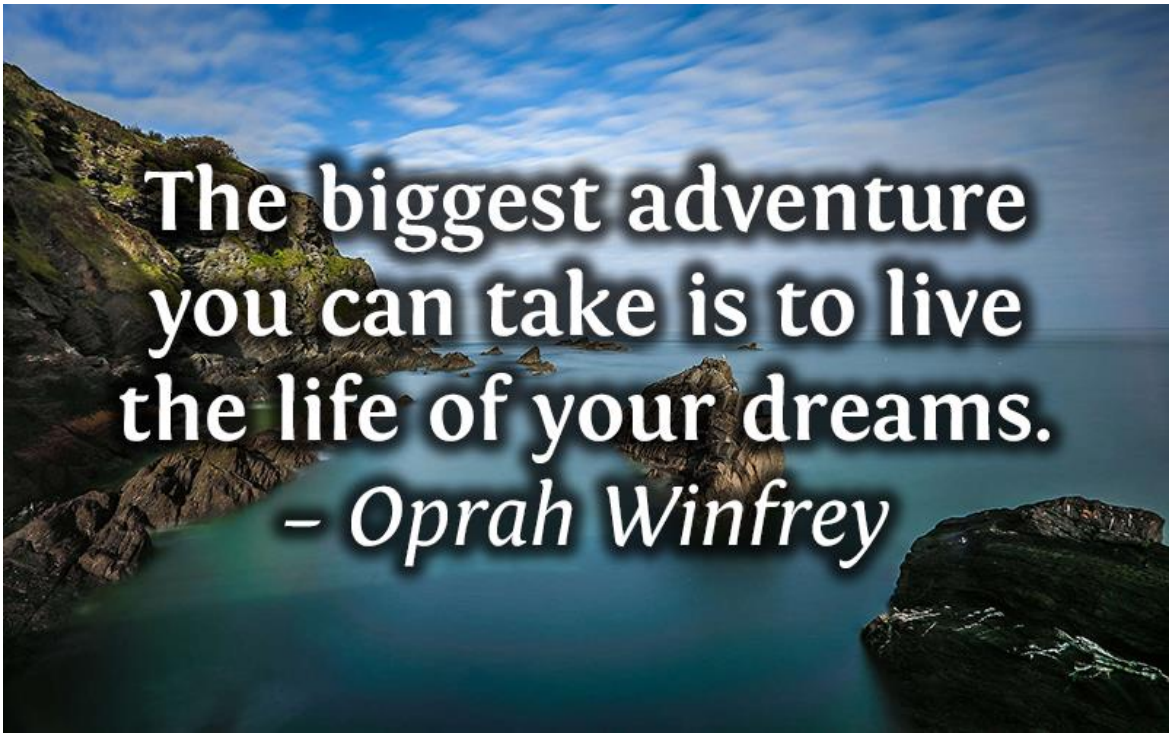
Dreams Help Prepare You for Challenging Life Situations

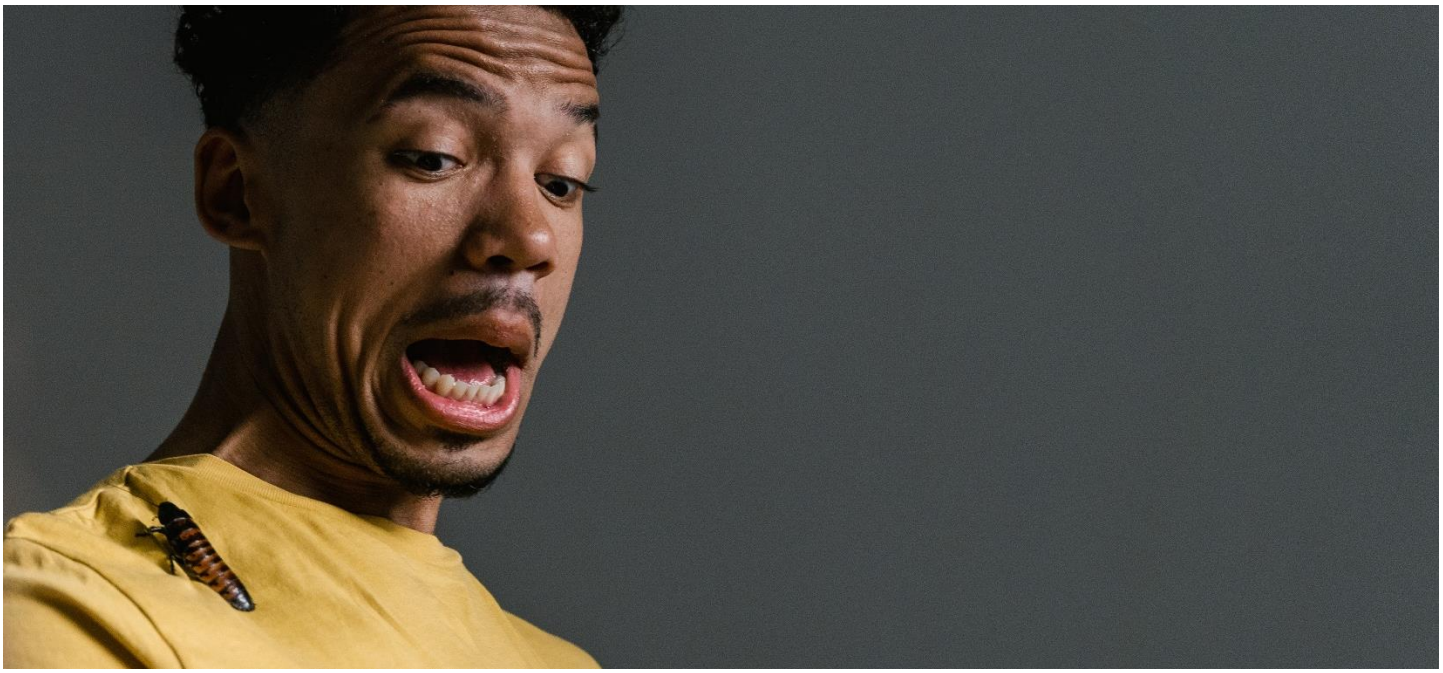
In other words, dreaming teaches you how better to control your emotions during challenging or stressful situations. It's believed that dreams are like a test run. They help you with learning the skills needed to cope with and manage life-threatening and stressful situations.

Dreams Enhance Creativity and Decision-Making Skills

Dreams can also inspire you and boost your creativity and innovation. It allows you to learn different perspectives and ideas and creates new and interesting stories of the experiences, situations, or things you've learned. Many movies, novels, paintings, and businesses started with a person waking up from a random dream, and writing down the ideas.

In the end, dreams are an important function that help protect you, and provide your brain with what it needs to replenish and repair vital biological processes, through qualitive sleep.





HOW TO CONQUER FEAR

Fear, is a fundamental part of all our lives**.** The human brain has developed this reactive emotion over millennia to respond and protect us from danger *(Real or Perceived),* It forms a part of our **'Flight'** or **'Fight'** response. As a result, there is no way to avoid all your fears completely. However, what you can do is to explore the available resources and methods that can help you to manage and overcome your fears, and allow you to accomplish your goals.

Try the following five suggestions to help you conquer your fears.

1) Recognize & Identify Unrealistic Thoughts.

Fear is often the result of unrealistic expectations or deep rooted within false or inaccurate information. Even if the fear is not based upon reality, it is something that you can learn to control. To combat these unrealistic emotions and thoughts, you need to take a step back and practice mindfulness.

> **Everything you want is on the other side of fear.**
>
> **Jack Cranfield**

First, identify what the **'trigger'** to your fear is, i.e., what is the thought, experience or emotion that the fear is based upon. Then carefully consider and examine the fear, in order to discover why it is actually unrealistic. By understanding the 'trigger', it will allow you to control your thoughts, emotions, and reactions far more easily and enable you to manage it better.

Acknowledge What You Can and Can't Control

Fears are often based on things that are beyond your individual control. You have no control over the actions of others. The only realistic option is to manage and control your responses in a positive manner. You should only concentrate your focus on your own actions and look out for those things that you are able to manage, thus reducing your stress levels and allowing you to rejuvenate your energies.

Invest in Education and Take the Time to Practice

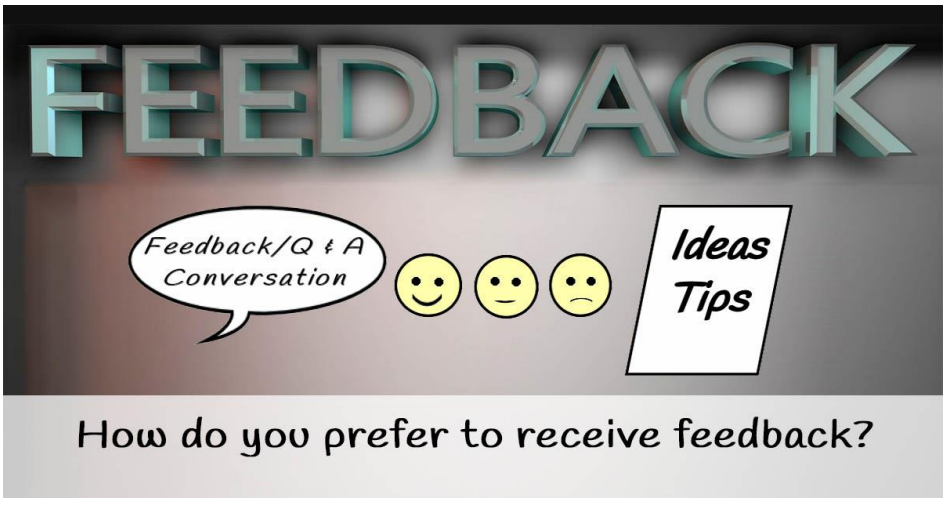
As stated earlier, unrealistic fears are one of the most common fears you may experience. When you find yourself in situations whereby you don't know what is expected or required of you, then the more likely it is that you will be anxious and fearful. Therefore, it well worth taking the time to research your fear and educate yourself with the facts and symptoms of the fear. The more information you have on the subject, the more self-confidence you will acquire and consequently the less fearful you'll become.

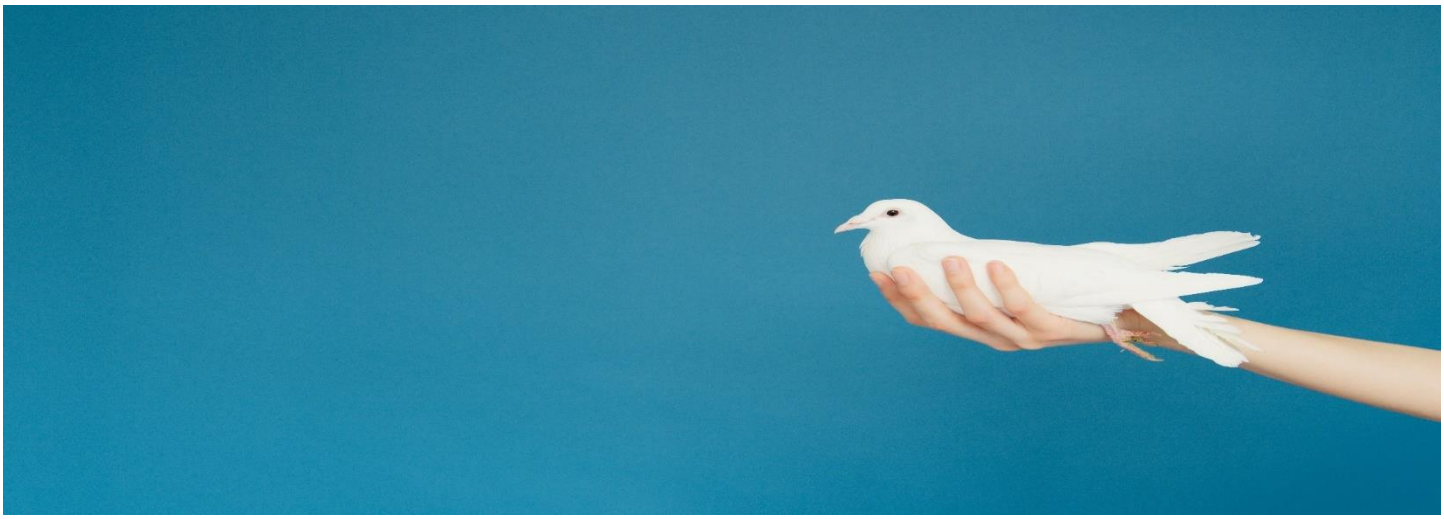
Avoid Perfectionism and 'Imposter Syndrome'.

Practice and learn to be patient. Allow yourself to make mistakes without being over-critical. If you always aim for perfection, then you're aiming much too high! Worse still, by trying to be perfect, it actually hinders you from seeing your true potential. It is worth bearing in mind that when you do fail to reach a goal, you will inevitably learn about yourself, your expectations, limitations and abilities. Nobody expects you to be perfect, so don't waste your valuable time and resources. Just be yourself and endeavour to do your best.

Share and Talk About It

Never be afraid of letting others know about your fears, because by avoiding it or **'bottling it up'**, you are almost certainly never going to overcome them, and this in turn will inevitably lead to further anxiety and unhappiness. Ask for feedback and advice, remember that it is human nature for people to help each other. Your circle of friends, colleagues, and associates can provide you with different perspectives and information, enabling you to see the situation more realistically. If, your fears are routinely affecting the quality of your life adversely, then do contact your Doctor or Physician who will certainly be able to help you. Don't allow your fears to hold you back from achieving your goals and reaching your objectives.

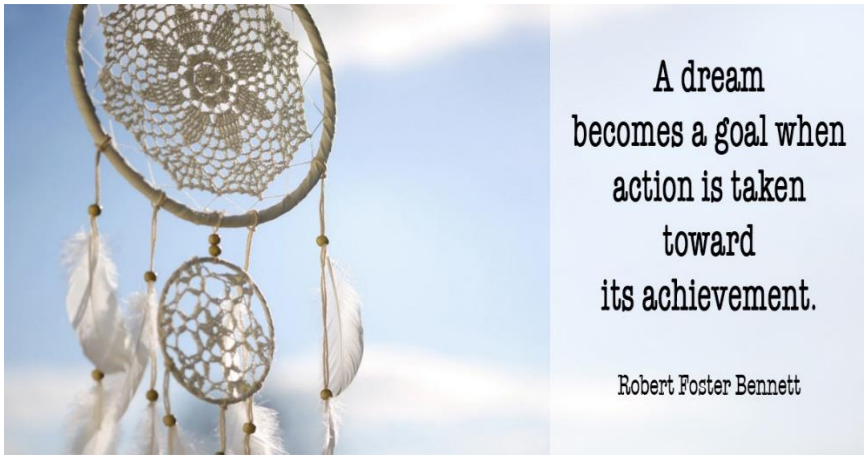




POWERFUL EXERCISES FOR INNER PEACE

Inner peace, is about being completely fulfilled and being in the position of living life in a calm and contented way, experiencing the joy and happiness with what you already have in life. Achieving inner-peace allows you to push aside those feelings of regret, that overthinking and over-analysis often brings, leaving us in an unfulfilled and uneasy state of mind. Inner peace is about finding a way to achieve a near constant state of happiness, thereby allowing you to calmly progress beyond the potential stresses that life can bring. It is about being self-confident and remaining calm despite any diversity or changes in our surroundings, and allow for the unhindered pursuance of dreams and objectives.

> **Do not let the behaviour of others destroy your inner peace.**
>
> **Dalai Lama**



Seven Powerful Exercises to Help You Achieve Inner Peace:

Visualisation.

It is a common misconception that visualisation is a method only ever used to imagine the positive things that you want from life. Whilst using the power of positive visualisation is undoubtedly a valuable process, it is vital to remain realistic. I am sure that you have will have heard that, ***looking at the world through rose tinted glasses*** is an over optimistic viewpoint and not always a good or desirable thing.

In your mind's eye, visualize your future both from a negative viewpoint as well as a positive one. This exercise helps you to mentally prepare for those moments in life that inevitably, will be uncomfortable. Accepting that there will be times in life that doesn't go the way you planned is okay, it is a normal part of our everyday lives. Managing and dealing with the discomfort in our lives actually allows us to prepare for, and consequently make better life decisions. It allows us to see the world from a different perspective and therefore plan accordingly.

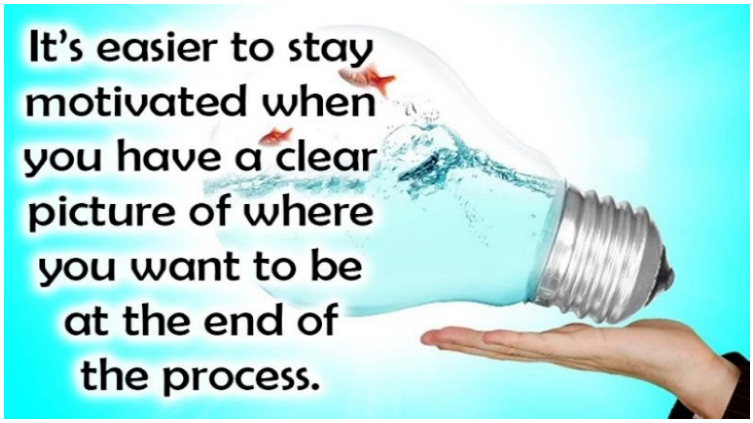
Visualization helps prepare us physically and emotionally for both the rewarding and challenging life situations that we encounter. When you can visualize your potential rewards or consequences, you will be in a position to make better and more informed decisions.

Give Yourself a Break.

When setting yourself a goal, get into the habit of lowering your expectations slightly. In other words, don't expect too much in the beginning. Give yourself adequate time to adjust and thereby overcome any issues that may arise. This will avoid emotional negative thought processes and/or feelings of being overwhelmed. We all have limitations, and recognising our own capabilities is heathy for us. Whilst it is obviously a good thing to be determined to succeed, do avoid putting too much undue pressure on yourself! Your objective is your happiness and life fulfilment, not to end up miserable and unfulfilled!

Surround Yourself with Love and Happiness.

You should make every effort to spend time with those people that are closest to you and surround yourself with those things you bring you joy – whether that's family members, specific activities or the beauty of Nature, it is a vital component to your state of well-being. Take care to limit your negative thinking and thoughts processes from others. Be authentic in your relationships and realistic with your expectations, keep in mind that you won't be happy 24/7. There will always be ups and downs!



The Forbearance Formula.

This is a great method to use if you feel that you are becoming anxious, frustrated or angry. Whatever the situation, to protect and enhance your inner peace, use your immediate environment to identify Five things, by using your senses of Sight, Touch, Hearing, Smell & Taste. Look around you and identify **Five** things you can **SEE**, **four** things that you can **Touch**, **three** things you can **HEAR**, **two** things you **SMELL**, and **One** thing you can **Taste**. This method uses a strategy known as ***'Displacement'*** which is a psychological defence mechanism whereby, a person redirects a negative emotion from its original source one that is less threatening. In other words, by redirecting the brains thought processes away from the original 'trigger' point.

Practice Coherent Breathing by using the 4 4 4 Method.

Often used in Yoga, this breathing exercise requires you to take a series of long, slow and deep breaths to the count of Four. It has been shown to help relieve the symptoms of stress and anxiety. It can also be used give you a welcome boost of energy.

Choose a suitable environment where you are comfortable and that is quiet, preferably away from any distractions. Place your hand on the top of your stomach and relax the other hand next to you.

1) Exhale - Let out all of the air in your lungs to the count of four.
2) Keep your lungs empty for a count of four.
3) Inhale for a count of four.
4) Keep your lungs full for a count of four.

Continue this process for about one minute. Gradually increase your inhales and exhales to five, six, and seven seconds. Focus on your breathing each time. Repeat this process until you feel calm and relaxed.

Note: Contrary to habitually breathing through the mouth, you should always endeavour to breathe through your nose. This maintains consistent air temperature into your body and allows for more oxygen into your lungs. To ensure you are breathing correctly when you Inhale (Breathe In) your tummy should be extended, when you Exhale (Breathe Out) your tummy should go in towards your spine. Babies breathe this way naturally!

Be Generous.

The act of giving without the expectation of something in return, serves to double the benefits, as it gifts both the giver and the recipient. It strengthens positive relationships and collaboration not just between individuals, but within our social communities as well.

You can support your community in a variety of ways, by giving money to charity, volunteering to assist at your local hospital, youth organisation or club. Alternatively, you may consider providing your own skills or experience to benefit someone in need.

Being kind doesn't just make you feel good (It releases the feel-good chemicals **Dopamine** and **Serotonin**) but has also been shown to benefit our emotional wellbeing and improve overall happiness and therefore greatly contributing towards your own inner peace. The giving of yourself spreads positivity and love both within your life and that of your community.

Daily Reflection – Time to Ask Yourself Questions.

Ask yourself questions that lead you to evaluate and process your life and decisions in a positive way. Keeping a notebook or journal is a great way of keeping track of your progress and enable you to reflect on your previous actions.

- **What did I enjoy today and why?**
- **How did the activity make me feel?**
- **What aspects of your day made you feel happy today and why?**
- **What things am I grateful for?**
- **I felt the most at peace today when I…?**
- **What can I do tomorrow to continue it?**

Finding inner peace takes determined effort and commitment. It is not a constant state that can be easily achieved, particularly without mindfulness and meaningful action. Nevertheless, as you can see, it is more than possible to achieve inner peace and progress towards a fulfilling and prosperous life.



Daily Disciplines Determine Destiny!



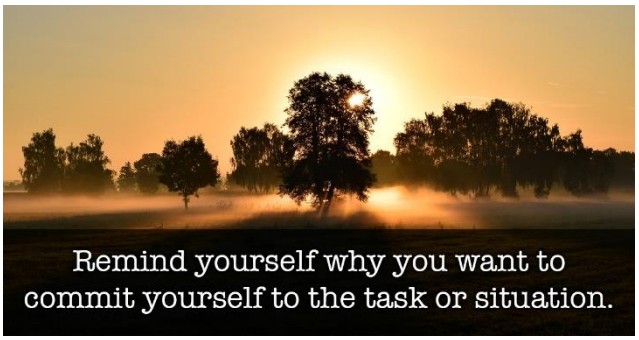
SURPRISING BENEFITS OF FAILURE

Nearly 48.3% of Britons and 41.2% Of Americans report that the fear of failure prevents them from realising their entrepreneurial dreams. However, failure really shouldn't hold anyone back. In order to achieve your goals and realise your true potential, requires failure at some point. Most of the successes you see around the world are a direct result of errors made, that have subsequently been resolved. Through the process of trial and error, you can learn to formulate the best strategies and make use of the lessons learned to achieve your goals.

> **You always pass failure on your way to success.**
>
> **Mickey Rooney**

Failure Improves Your Strengths and Weaknesses.

When you embrace failure, you are able to highlight your strengths and weaknesses better. Even though it may feel somewhat uncomfortable at times, it doesn't prevent you from identifying and exploring the positive lessons you will have gained from the experience. Make a habit of using any failure to inspire your personal growth, improve your skillset and increase your confidence and self-esteem.



Failure Brings Out Healthier Perspectives on Life.

Life is never be perfect or comfortable all the time. When you learn to accept this as a fact, you will discover that not all 'failure' is final or necessarily leads to a miserable ending. What you personally perceive as 'failure' will not always be the same as other people's perceptions. This means you should take the time to recognise what your specific definition of 'failure' is. Take the opportunity to recognise or visualise the consequences of an alternative plan, in the event of your original plan failing. Having an alternative or backup plan will provide you with a better understanding of your fears and definition of failure, and provide you with specific information enabling informed decision-making processes and the setting of achievable goals or deadlines.

Failure Highlights Your Potential.

It's easy to feel the negativity in failure. It doesn't feel great. However, your hard work and efforts need not be completely wasted. When you fail, you inevitably learn precisely what it is that you actually want (*and don't want*) from life. Through the experience of failure, you are able to highlight the experiences you either want to persevere with and/or those that you will want to discard. Meaning failure allows you to discover your real objectives much more quickly and easily. Failure can lead directly to many opportunities you never appreciated or even knew existed.

Failure Enhances Your Goals and Overall Success.

When you understand your true objectives along with the values and expectations that you need to rely upon, you are able to make better decisions and take the necessary steps to successfully reach your objectives. Instead of dreading 'failure' or dwelling upon the 'what-ifs', you now have the wisdom, motivation, and drive to head you in a better direction towards your ultimate destination.

Failure Enables You to Overcome Fear.

By far, the most important benefit in experiencing failure, is **removing fear**. When you go through any loss, you quickly learn that you have what it takes to succeed, despite the current situation. You have survived the experience and are now in a position to make better informed choices for yourself and your aspirations.

> **"**
>
> **Do not be embarrassed by your failures, learn from them and start again.**
>
> **~ Richard Branson ~**

In summary, learn to be more optimistic and embrace 'failure' as it will provide you with the resources and knowledge required to succeed. Failure is a normal part of everyday life, but it is only as damaging and negative as you allow it to be.



THE UNDENIABLE BENEFITS OF TEAMWORK

Whilst there are things you can and should do alone, that doesn't mean you should dismiss the idea of teamwork altogether. If you want to run a successful and sustainable business and build strong or life-long relationships, then you should endeavour to learn the values and effectiveness of good teamwork.

Teamwork by its nature, inevitably means that you will need to contribute additional resources and commitment. However, working with a group of people that have the same ideals and objectives as you can provide many benefits to everyone involved both on a personal and professional basis.

Teamwork Enhances Communication and Listening Skills.

When working with others to achieve a common goal, your communication and listening skills naturally become better, allowing for open, honest, and judgment-free discussion and interaction. Team leaders gain the advantage of having different perspectives and additional or alternative ideas to consider, not unlike having your own '**Think Tank'** allowing you to '**Brainstorm**' and address challenges more effectively.

Teamwork Boosts Productivity and Flexibility.

When working as a team, you are able to achieve progress more rapidly than as an individual working alone. This is because working together as a team, reduces stress and avoids unrealistic expectations. In addition, by assigning specific members of the team to those tasks that align with their individual skills, reduces errors and increases productivity, whereby the group as a whole can benefit.

Teamwork Increases Happiness and a Sense of Achievement.

Being a part of a team or group of people, gives the individuals involved a sense of pride, recognition, and accomplishment. This in turn increases the motivation and determination to get each task or project completed successfully. With success comes fulfilment and happiness, which removes the stress and anxiety away from the individual, (*which can lead to negativity or other physical and mental issues*), resulting in better communication and mental clarity. A major benefit to the team members as well as the team leader.

Teamwork Expands Innovation and Creativity.

When you have a team or working group coming together to innovate and boost creativity, the less stress you place on yourself by attempting to achieve your objectives alone. By sharing the workload, brainstorming and having the mental clarity to come up with more ideas as a team, you are avoiding the inevitable burnout that would likely result. Therefore, providing the essential tools for everyone involved to stay emotionally and physical healthy and able to work efficiently and productively as a team.

Teamwork Improves Job and Relationship Satisfaction.

In order to achieve positive results, teamwork requires trust, sacrifice, selflessness, and perseverance. These invaluable traits produce strong relationships and provide inspiration and determination to keep working and accomplish the objectives and goals required. When you are confident that others have your back, and are always there to help you, you feel less stress and anxiety, which naturally leads to improved relationships and greater job satisfaction.

Remember, that whether you are a member of the team or the team leader, to achieve effective teamwork, requires your authenticity and appreciation of open communication, mutual respect, and a shared objective in order to reap the benefits. In other words, the team must act as one, with a shared objective that rewards every member of the team equally. For example, whilst it is the Team Leaders responsibility to co-ordinate and direct the actions required, or even a team member with a specific skillset, they are first and foremost a **team member** – working **together** to achieve a common objective!

Whilst **Success** is often perceived as the ultimate objective, it is actually the **Fulfilment** of our dreams and life goals that are the **ultimate destination**. Success, often leads to us wanting more success, whilst fulfilment means we have achieved our dreams or life goals, and therefore content and satisfied with our achievements. For many, this means being in a position to be able to share their experiences, wealth and knowledge to the benefit of others. Success is a vital factor to any team, but the ultimate fulfilment of every team member is paramount to its purpose.

> **“**
>
> **Talent wins games, but teamwork and intelligence win championships.**
>
> **Michael Jordan**



WHY YOU SHOULD BE MORE INDEPENDENT

Independence has nothing to do with living a lonely life. In fact, it is quite the opposite. When you are independent, you have more freedom to make your own life decisions and thereby achieve more of what you really want from life.

Remember when you were a child, when you had to depend on adults for everything you wanted or needed. Although that may no longer be the case, do you still find that you are still largely dependent or reliant upon others? and consequently have little or no control over your life's direction.

Try the following Tips & Strategies to Break Free and become more Independent:

Develop Self-confidence and Self-Esteem.

Two of the biggest factors that prevent people from living up to their full potential is poor self-confidence and low self-esteem. They prevent you making well-informed choices which inevitably leads you to rely upon the common average or specific choices of others. This approach often leads to feelings of low achievement and unhappiness with your life's direction. Learning to become less reliant upon others will improve your self-confidence, and allow you to make decisions that are specific and meaningful to you and thereby increase your self-esteem.

Give and Receive in Equal Measure.

Whilst we all need help at some point in our lives, being in a constant state of financial, physical, or emotional difficulties can test the strongest of relationships. When you become more independent, you learn to understand the true value of relationships and how they should work. In other words, you need to build and use your resources and strengths to be able to help and provide support to others in equal measure.

Success and Happiness.

To become happier and more successful, set yourself realistic goals and expectations to improve your life. This will inevitably lead to less stress and anxiety and give you the mental clarity to be able to make better and more informed decisions for yourself.

Strengthen Decision Making and Time Management Skills.

Decisions made by others on your behalf whether financial or otherwise, often take up valuable time and resources, they introduce an extra element of stress that is not needed and totally unnecessary. Oftentimes, the decision reflects not only your needs but also their feelings and/or interests as well, thereby adding an additional emotional burden. It also serves to take away your personal control and management of your life. Consider carefully all the choices that life presents you with. Whilst seeking advice or finding additional information, in order to help you make a decision is a sensible option, the final decision should always be yours alone. It is in that way, that we learn to educate ourselves and equip ourselves better for the future.

Secured Financial Stability and Freedom.

Being financially independent requires self-discipline and determined personal commitment. Dealing with finances or money, is by far one of the most common reasons people suffer from anxiety and stress. If not addressed swiftly, then you are potentially allowing unwanted negativity into your life, which can not only destroy your relationships (*both personal and professional)* but have serious consequences on your own mental health. If you are having difficulties in overcoming money issues and unable to rectify the situation, then you are not alone, in **2020** over **33%** of the **British** population were in debt. Do not be afraid to ask for help, there are a number of national organisations in the **U.K.** which will be able to advise you on the best methods to overcome your difficulties, such as: -

www.nationaldebtline.org

https://www.citizensadvice.org.uk/

Most countries have similar organisations that can be contacted.

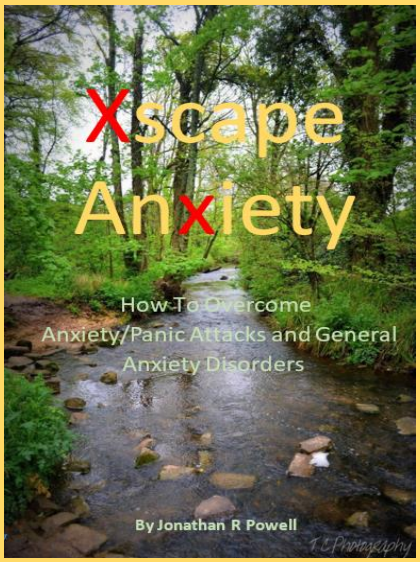
This article isn't going to attempt to advise you on the best way to make money, there are plenty of resources on the web and elsewhere for the reader to research. However, in order to safeguard your finances against the future, I would recommend the **70/30 Rule** suggested by **Jim Rohn** (*American Entrepreneur, Author and Motivational Speaker.)* He recommended that you put aside **30%** of your pay check – **10%** For **Saving** / **10%** For **Investing** / **10%** For **Giving!** – He was reported as being worth in excess of $500 million Dollars at the time of his death in 2009 – So it obviously didn't do him any harm!

In Summary.

When you are dedicated to improving your life, you are more likely to take charge of your own destiny. This allows you to be more confident, enabling you to succeed in your life's quest, giving you a sense of freedom and power in your life. If you want to achieve more, grow your self-confidence, and improve your relationships, then endeavour to become more personally independent.

Offer Page

SPECIAL ANNOUNCEMENT!



My new book has now been published by **Paragon** and is available in all good book stores.

Stress, Anxiety, Worry are all part and parcel of our lives, but can we find a way to live without them?

This book offers guidance, strategies and techniques to help alleviate the anxieties that at times overwhelm us all, to help improve our overall quality of life.

Topics include:
understanding fear; stress triggers; anger management; healthy eating; cognitive behavioural therapy etc…

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