

## Life Strategies for Empowerment Part III

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Recall from last week's TIPS, that **acknowledging personal successes** is a first step toward empowerment. We utilized our chart format from Week #1 to demonstrate a concrete means of doing that. In that same chart we documented **improvement goals** as a second empowering measure. By writing specific goals we move them from vague ideas floating in our heads, to objectives toward which we can plan actions. Using the emotional arena to illustrate, the improvement goal listed was to learn relaxation strategies. Toward that goal one might gather articles describing various relaxation techniques. After reviewing these, choose one that is appealing. Write out a brief and clear description of the steps involved in that technique. Plan a time and place where you can practice. Be sure the plan is realistic and fairly easy to execute so you can stick with it successfully.

In the social arena the improvement goal listed was to broaden your social network. Action-oriented steps toward this goal could include joining a group or club or class in which you are likely to meet new folks. Alternatively, you could commit to reaching out to an acquaintance with a phone call or email suggesting some social get-together. This can be done casually. Ask a coworker with whom you spend little time to join you for a walk during a work break or meet for lunch in the cafeteria.

The critical empowering step is to specify actionable, measurable objectives which will bring you closer to your personal goals. There are things in life that are not under your control. How you view them and what you **do** about them are the aspects which you **can** control!