

Life Strategies for Empowerment Part I

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This month, eTIPS will elaborate on several particular “empowering strategies” discussed in last month’s segment. As the economic downturn continues it becomes more important than ever to take control where possible in areas of our lives. This is helpful *specifically* in leading to more positive paths in those areas in which we devise / follow-through with an action plan. It is also beneficial *generally* in that it reminds us that we do have the capacity to impact our lives and our life experience.

Take a look at your life in several key arenas – emotional, social, financial and physical. Are there things in these areas you feel positive about? Are there aspects which you would like to improve? List a few (2 or 3 strengths and improvement goals in each area) so that you can look at them concretely. Don’t overwhelm yourself with too many. The idea is to look in a **manageable** manner. Here are some examples:

EMOTIONAL Strength – I’ve been able to recognize the signs that I’m feeling anxious and identify situations that increase my anxiety.

Improvement goal – Learn to use relaxation strategies when I feel anxious.

SOCIAL Strength – Reached out to close friends to confide my worries about my personal situation.

Improvement goal – Broaden my social network.

FINANCIAL Strength – Earn a good salary and save a portion of it.

Improvement goal – Learn more about how to best protect my earnings.

PHYSICAL Strength – Followed through with wellness visits / exams at my physicians’ offices.

Improvement goal – Incorporate more physical activity into my everyday plans.

Make a list of your own as the “kick off” to taking more control of the way you feel.

Next week we’ll elaborate on how to make use of your chart.

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