

Preparing for Life's Challenges

It is important to be as prepared as you can for life's challenges. Part of being prepared is increasing your capacity to be self-reliant, trusting the value of your thoughts and decisions. It is great to have friends and family to talk to, but ultimately any decision that you make is for you to decide. No one else can really know what is best for you. If you are not satisfied with your life, you need to make changes, not someone else. Participating in the actions and decisions that impact your life will lead to a healthier and happier you.

Letting others make important decisions for you leads to feeling inadequate and unimportant. Input is okay, but don't give away your power of self-determination. If you don't feel knowledgeable on a topic that is impacting your life, learn about it. Take the time to invest in yourself by reading up on topics you know less about or take a class.

Self-reliance does not mean you are an island unto yourself, or that you never take into account the thoughts and feelings of others. You can have a relationship with another person, but still retain your independence. Sharing your life with others helps give meaning to your life, but it does not mean that you cannot successfully accomplish a project without assistance. Also there are times that things need to be decided and accomplished when your co-workers, family, or friends are unavailable.

If you are not comfortable handling your finances, then you need to learn about how to handle your finances, which will lead to greater confidence in this area. It is time to get comfortable discussing money, budgets and saving money. It is very important for women to be financially savvy and be able to grow your money to help you have a financially secure life. Everyone should have a rainy day fund in case of emergencies. Take the time to read about managing money or take a class through a local school or library

You may be so busy that you haven't thought for a long time about your own strengths and capabilities. Carve out some time to do things that have meaning to you, even if you do it by yourself. Through doing things on your own, you will find that as you value yourself more, so will the people around you. Remember that being physically healthy is part of being self-reliant. You need to maintain your health both in body and spirit. Take the time to exercise. Daily walks are a great way to get started. Getting healthy does not mean that you have to spend money. Small changes in diet and exercise will bring about good changes in your life, such as increased energy and better ability to make decisions.

Always know that you can be happy by yourself. If you are not happy with yourself, no one else will ultimately make you happy. Happiness comes from inside. Trust that you have the ability and courage to make correct decisions on your own without input from others not directly involved in the decision process.

Being self-reliant is a good thing. Having the ability to be comfortable making financial, housing and retirement decisions is a necessity as you move through life. Know that you are more than a worker, sister, mother, or wife. You are a whole person in your own right and you need to remember that when life throws a curveball such as a loss of a job or an illness that you have the ability to meet the challenges. Increasing your ability to make good, solid decisions will enrich your life. Taking the time to invest in yourself will result in a happier, healthier, and more self-reliant you.

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