

Baby Boomer Lecture Series

Rules for Empowerment:

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When we are thinking of making changes in our lives, all too often we look externally for our cues. We have a perfect picture in our heads about what life should look like, then we go about acting on life to give us whatever it is we think would be perfect. Unfortunately, life isn't perfect and we get into trouble, we are unhappy, disappointed and frequently give away our personal power. Here just a few rules to help think more realistically, and empower our life.

- Become more conscious of how you make decisions and choices. Do you make decisions with confidence? With unwavering trust in your own wisdom and competence? Do you ask others for their input before deciding? Do you ask others on a regular basis before coming to a final decision for yourself?
- Ask yourself why you constantly look for validation. What is the motivation behind asking for someone else's input before a decision? This may be a good thing at certain times, but if it is done on a regular basis, then the reasons behind it are worth exploring, so that you can begin to trust yourself and put your power back in your own hands.
- Remind yourself that you are a valuable, worthwhile human being. Your opinions are just as valid as anyone else's. And, when a decision or choice affects your life, then your opinion becomes that much more valuable. Why give away personal power by handing over a decision that is important to you and affects your life-to someone else? When you do that you are literally handing away your power.
- **ACCEPT RESPONSIBILITY FOR YOUR LIFE.** You created the life you had, have and will have. If you have a wonderful life, I am sure you could credit someone else for you being where you are. "If it wasn't for So-and-So, I wouldn't be/have _____" Technically, this is not true. So-and-So may have offered advice and helped, but did you have to take them? No, of course not. The fact that you did, makes YOU responsible not someone else. The same is true if your life sucks. If you've created the non-perfect life for yourself, no-one else is to blame so there's no

point in saying, "If it hadn't been for So-and-So, I could have done/been _____."

- **Courage** - Making change requires courage, and that courage must come from within. The courage to try something new or to take a new path in life may result in a complete change of perspective. Change can open up new opportunities, not only for personal growth, but for careers, relationships, and finances. So don't be afraid to try new things.
- **Perspective** - Though this may seem like a no-brainer, maintaining the right perspective on things is a crucial step for learning to take control of your own life and decisions. Don't be afraid to make mistakes or be too concerned with what other people might think. You may find them more open to your perspective than you realized.
- **Listen to yourself** - If you think that people aren't listening to what you have to say, maybe you aren't either. Take some quiet time out of your day and reflect on your own feelings about the things and events around you. The more time you spend listening to yourself, the clearer things will become in your own mind, making it easier to express those feelings and thoughts to others.
- **Don't Be Afraid To Listen** - Personal empowerment doesn't mean that you have to stop listening to anyone else's opinion. In fact, friends and those close to you can often have deep insight into what you're going through, even if you aren't sure of it yourself. Listen to them and reflect on their words without automatically adopting their perspective or denying it. You may find that their advice clarifies something you were already thinking. At worst, their advice will help you define your own position or decide what isn't right for you.
- **Take Action** - Listening to others is not the final step. If you don't put your thoughts and feelings into action, you won't be taking charge of your own life. So once you've reflected on your life and what you feel needs to change, go out and change it. It can be as simple as changing your own perspective or as drastic as changing careers, but whatever you've decided you need in your life, you should follow through.
- **Stop making excuses** – Begin by accepting no excuses from yourself and then from other people. Make this the first and cardinal rule