



Personal Safety Nets® e-Newsletter



Chapter 2: Thinking it Through

February 2011, Issue 37

In This Issue

[Brown-Bag Series Continue](#)

[e-Newsletter Library](#)

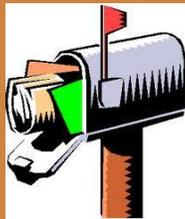
[I Need You & You Need Me](#)

[The Latest News](#)

[Join Us On Facebook](#)

[I Will Act](#)

Letters . . .
We Get Letters



This month in our mailbox we received a newsletter from Peter Wolf, a realtor and friend. **While Peter's goal is to sell homes, he's all about helping people work within their strategies and goals.** As with all decisions, you've got to **think it through** so that it works best for you. As he says: "It is all about you!" More from Peter:

- Make a decision based on your objectives, your finances and your life and needs. Regardless of what the talking heads are saying - a transaction must help achieve what you want!
- Consider how buying, selling or renting will affect your strategies and goals.
- Owning a home is more than an investment, it's about family, belonging and community.

Thanks Peter!

We'd add that creating a personal safety net is first and foremost about you. What do you need, what do you want, how will you achieve those needs and wants?

I Need You & You Need Me

Your life will change, maybe not today or tomorrow, but it will change.

You are a part of a life that is always changing, sometimes in unexpected or unwanted ways. This changing life makes you a student in life's university, and if you can move with it, rapid learning will follow. With learning and knowledge will come a sense of stability and control, which will, in turn, decrease anxiety and increase resourcefulness and resiliency.



With this in mind, ask yourself: Is the life change I am going through, or planning for, one where seeking out more resources or asking others for help could improve outcomes? Remember, **planning for the worst-case scenarios also prepares you for a variety of less drastic situations. It is an approach that will help prepare you to take advantage of opportunities to make your life better despite the changes and challenges.**



If you can see that planning or dealing with current or future challenges and changes will not be easily tackled alone, it's time to build a care team. If you see others are having trouble dealing with their challenges or changes, it may be time for you help create or become part of their care team. We reminded you that care teams can also function to help you focus on weight loss, increase exercise or workout stability, heighten spirits, make your life more happy, and help you deal

with emotional distress.

The research is overwhelming. As we say in Chapter 2 of Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges, we work better together and we all need what other human beings have to offer.

- All human beings have a basic need to be in relationship with significant others - *it is life enhancing to share feelings, needs, hopes and fears*
- All human have a basic need to be recognized and valued - *helping create and sustain a unique and valuable sense of self.*
- All human beings have a need to nurture and to be nurtured, to receive care and to give care - *expressing concern, perceiving that concern is received, and accepting the care and love of another contribute to a deep sense of well-being.*



So, let's assume that all of us will need help at some life stage - to tackle some change or challenge. Where to start? All of Chapter 2 in our book deals with thinking about needs and motivation. From our workbook, **Get Ready/Get Started** come

At Personal Safety Nets we're all about forming and building community. *This involves taking care of yourself AND reaching out to get and give to others.*

Don't forget - Write us your Personal Safety Net story (what worked, what didn't, or what you tried), or ask us a question.



Each month we have great prizes for ALL who participate - your choice of the Voices of Global Youth book, "Many Voices from One Heart," your choice of a unique 2011 calendar, or our audio book.

Brown-Bag Series Continues

Although we've started our **FREE four-part "Living Into Life" series of brown-bag talks** about personal safety nets and what it has to do with your life, **it's not too late for YOU to attend.**

There are three more talks, and you can attend one, two, or all three. *Each will have a different focus, while building new Personal Safety Net knowledge throughout the series.*

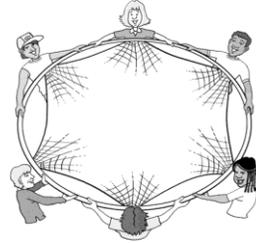
These sessions are FREE! You can bring your own lunch, a beverage, or just come as you are.



Come join us at the beautiful Gallery and Events Space, ALKI ARTS. We'll bring the handouts and information and together we'll provide the skills

["Identifying Safety Net Members"](#) (pg. 14) and ["Am I prepared?"](#) (pg. 15) **Try these exercise today - you'll be prepared for tomorrow.** We're also providing you with ["Being Helped: What I Might Want and/or Need."](#) (Appendix 21) Take this list and change it, building and adding to make it specific for your life today - and then revisit it as your life changes and you face new challenges. **You, and others, need to know what you need before you can ask for help and create a care team.**

Let's start today - thinking it through. Be a problem solver even before you have problems. Imagine putting together a team to assist you or becoming a part of another's team. Don't run away from others, and don't shy away from asking.



We are not made for hoarding our time, talent, or treasure, rather, we are channels made for sharing.

Come back next month when we'll revisit Asking & Organizing

News & In the News . . .

The [Center for Ethical Leadership](#) announced the 2011 recipients of the **Bill Grace Leadership Legacy Award**. This year's recipients are: Alaric Bien, Chinese Information and Service Center; Paola Maranan, Children's Alliance; and (our own) **Judy Pigott!**



This award identifies and celebrates Puget Sound individuals or groups whose vision, leadership and commitment work to advance the common good in local communities. **The awards will be presented at the 6th Annual Legacy Event, Thursday, March 10, 6:30 - 9 p.m. in the Rainier Room at Seattle Center. [Join us at the celebration!](#)**

On Friday, March 25, 3pm - 4:15 as part of [The Guiding Lights Weekend](#), held annually in Seattle, we will be presenting "How to Connect to Neighbors: A Community Safety Net."



[Join us](#) at the nation's most creative conference on life-long learning, community-building and the art of citizenship, sparking civic imagination and social change by bringing together leaders, catalysts, and innovators in creative ways to

generate new solutions to collective challenges. Our focus will be on helping neighbors build a strengthened personal base from which to extend to community, starting with neighborhoods and eventually leading to modeling for broader groups.

Friend Us!

Each week the number of visitors to our [Facebook](#) page continues to grow. We appreciate the number of "friends" we have, and the numbers who "like" us.

Both our [blog](#), and our [Facebook](#) page offer you the opportunity to gain up-to-the minute news on PSN content, ideas, and issues that affect PSNs for everyone.



I Will Act

and some guidance on creative ways to fulfill our fundamental human need to build and maintain strong networks of support and creativity in our personal, community, and work places.

Come learn a great deal more about replacing fear and isolation with security and connection.

**Every Other Tuesday,
February 22nd /
March 8th & 22nd
11:30 am - 1:00 pm**
ALKI ARTS, West Seattle, WA
2820 Alki Avenue
West Seattle, 206-432-9936

[Register on line](#)
or call 206-659-0665
Space is limited!

Read all
past
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of our
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I will help.

**I will do more than believe. . .
*I will practice.***

**I will do more than be fair. . .
*I will be kind.***

**I will do more than dream. . .
*I will work.***

**I will do more than teach. . .
*I will inspire.***

**I will do more than earn . . .
*I will enrich.***

**I will do more than give. . .
*I will serve.***

**I will do more than live. . .
*I will grow.***

**I will do more than talk. . .
*I will act.***

Courtesy John Baumann, M. Div.,
Director of Stewardships,
Our Lady of Guadalupe, Seattle.

**I will do more than belong. . .
*I will participate.***

I will do more than care. . .

