



Personal Safety Nets® e-Newsletter



What Will Success Look Like?

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Special Elections



Check with your local city, county, or state and see if you are having an upcoming "special election."

These elections usually offer voters a chance to determine the passage of a bond or tax issue, or reflect on the feelings of the constituency towards a certain issue.

In King County and throughout Washington State (where we use mail-in ballots), Special Election ballots must be postmarked by midnight April 22!

Why let other people decide

What Will Success Look Like?

Our last two newsletters (**Your Beliefs About Asking for Help** and **Make Asking Easier & More Natural**) looked into both the philosophy behind asking for help, and using a "succession of steps" approach to take to make asking for assistance easier and more effective.

Following a succession of steps can be very helpful. It's not only going to help you develop "asking" skills, but also provide a way to take on and accomplish those skills, one at a time. It's important to remember, **whenever you're tackling a project, pat yourself on the back and smile as you move towards your success,** rather than seeing you're only worthy of an "atta-boy" when everything is completed. We support the idea that gaining new skills and reaching for new goals is hard work, and always worthy of gratification - as opposed to delayed gratification - delayed for what?



With this in mind, let's re-visit STEP 1 and talk about an add-on to make your actions more comfortable and successful.



In learning to ask easier and more natural, **STEP 1 asks you to DEFINE WHAT'S GOING ON.** This means looking at the situation you're in, or the problem you face, or the needs you have - which could benefit from building a team.

This step usually takes some research, some questioning, and some diligence on your part. You know what you're facing, and defining and conveying that to others is an important part of the task.

what is best for you when you can have a voice? VOTE.

Letters & Stories



Peacemaking: Start With Yourself

by Dr. Dale
Nienow, Executive Director
**Center for Ethical
Leadership**

(used & edited with permission)

"When I was growing up, one of my biggest struggles was dealing with a father, who though loving, was very dominant and directive. While I wanted independence and to make my own decisions, I felt most choices were shaped for me. Even as I headed off to college, I experienced his strong controlling presence in the choice of major - ultimately selecting economics as he wanted me to go into business with him. It was a hard journey because I felt boxed in and trapped by his choices and plans. The story I had about the relationship with my father had a strong hold over me.



"I had to learn to reclaim my personal power. But I had to let go of the story that held me in place. When I did let go, new possibilities opened up. I ultimately broke away, moved across country, and created my own path. This opened up a lifetime of work to advance the common good. And something



NOW, before moving ahead, add one thing! Right from the beginning, it's important to ask yourself (or the one you're helping): What would an ideal outcome be? *What Will Success Look Like? How would it feel?*

Let's look at the concept of success. The noted psychologist and academic, Abraham Maslow, helped us see that success will look somewhat different for each of use - since there are no universal goals. However, success does have some common threads. **A long term success is really about feeling you belong, that you are noticed, and that what you're doing is good for both you and the people around you. Even though this vision is particular to each person, having it in mind helps you to know when it arrives.**



Without a vision, you will find yourself looped into reactive behaviors, projects that start and stop, goals that are seldom completed. Sometimes it can feel even a bit disconnected. It sounds a bit redundant, but basically, you're not successful without a vision, and you need a vision to know success. Which means that **success looks like you and the vision you seek!**

So let's return to the "task of asking" and visit an example we've used before: you're having knee replacement surgery.



Step 1: define what's going on. Through some research, questioning, and diligence on your part, you learn all you can about what will be happening and when. What kinds of help will be needed? For how long will it be needed? Are there others who can give information related to the experience and possible outcomes to be better prepared to

get the help needed?

Then, Step 1A: What will success look like? What is the vision of this being successful? Is it a short term goal? Or long? Practical or philosophical. **The vision you create and convey to yourself will determine your success.**



If you see the "task of asking" as a major struggle, then it will be reflected in your vision, and success will be hard to achieve or, at the very least, difficult. But **if you see the "task of asking" as more of a series of tasks you are willing to tackle and conquer - then your vision will**

else happened as I let down the old story - I developed a new relationship with my father that was much more life giving.

"This process of letting go of whatever pain has a hold on our lives while opening up to new possibility and relationship, is at the heart of peacemaking work of the Center (for Ethical Leadership). The issue is not only what we experienced growing up, but what we experience in our daily lives now. What are the pains we carry from how we have been treated in our communities?"



"To make peace, we need to find ways to transform our pain, anger, and frustration into positive ways to engage that open up possibilities. This is very difficult work and requires a community that will honor people and hold them sacred."

At Personal Safety Nets we speak often of the power of stories and language, and how it is the work of each of us to think about what stories we tell ourselves and what words we use. Often our stories, like Dale's come from reality as experienced and true at one point in our history, seen from the perspective of having been that age.

A story told by a teen may be open, as was the one above, to new experiences, skills and choices. Telling your stories - to yourself, and then to others can bring light to the narrative. If it's a story that limits or holds you back, and there's another possible and equally true narrative that could be told, this can become the

be of a group working together to accomplish your goals - and whenever you work with or get help from this group, you'll feel successful.

It's tempting to say, "I've got an upcoming surgery (or needs, or tasks, or problems, etc.) to worry about, so how can I worry about, or get involved in the task of asking others for help. Or to spend time on thinking about my vision" But these go hand-in-hand! The vision of success (the completion of your goal/need fulfilled/surgery completed) won't happen by itself.



Most success is the result of a "team effort" and today is your time to begin to build you team. Be ready!

When your challenges and changes arise, first ask yourself what your vision of success will look like, and then use your skills and your team to make your vision come true.

Remember - **whenever you're tackling a project, pat yourself on the back and smile as you move towards your success.** Celebrate

along the way. It's a given that gaining new skills and reaching for new goals is hard work! So get started - you'll deserve some kudos!



Hot Chocolate Is REALLY Good - for YOU!

Researchers from Harvard University reported that seniors who drank two cups of hot cocoa a day for one month performed better on thinking and memory tests than those who didn't. Memory loss and dementia are major fears for aging adults, but a new study suggests this is a sweet way to stave off those brain woes. Brain imaging also showed cocoa-drinkers had



better blood flow in the brain. **The study's authors say their research reflects a growing body of evidence that blood flow in the brain impacts thinking and memory.**

Starting Early in Life: Good In/Good Out

Forty-two years ago, **researchers** followed two groups of babies from poor families. In one group, children were given full-time day care up to age 5, daily meals, interaction among the group and stimulating games. The second group, aside

ongoing story of more success, ease and peace.

Dale continues: "This is the work of our peacemaking circles. This is what will make healthy, inclusive communities possible. What is your work in peacemaking?"

Share Your Story

We're Always Seeking Your Story

Tell us how you have (or haven't) dealt with a situation by building a network, or gathering with others to solve problems. Tell us what worked, or what didn't. **Sharing is a wonderful thing and your story will certainly be a helpful learning tool for many others!**



Tell us your story by using your smart-phone and uploading your audio-story to info@personalsafetynets.org or directly by writing your story and **clicking here**.

from baby formula, received nothing. Now, all these years later, researchers have their results: **the group that got care is far healthier, with sharply lower rates of high blood pressure and obesity, and higher levels of "good" cholesterol.** Additionally, those in the group given



special care were four times as likely to have graduated from college. James Heckman, a professor of economics at the University of Chicago who led the data analysis, found that this, and similar **research findings**, tell us that adversity matters, and while it greatly affects adult health, **poverty is not just a hopeless condition if we can begin programs that start far earlier in a child's life.**

Need a Medical Procedure? Money Tight? Willing to Travel??

With all the talk lately about health care, we wondered if you've heard about **MediBid.com**. It's an online service where patients can list their needs (like a hip replacement) and doctors and facilities can bid for the patient's business. NBC's The Today Show recently did a piece on the service - which aims to bring more competition to the health care business. It may mean you're having to go out of state to get the procedure done, but it may be worth it. **AARP** followed the case of a New Mexico resident without insurance coverage being quoted a price of \$45,000 for a total hip replacement.



She went to the service and later accepted a bid from Glendale, California of \$13,490 - which included the surgery center, anesthesiologist, lab tests, X-rays and even house calls as she recuperated nearby. **Remember - consumers beware - price doesn't always reflect quality - so we sure to check out other factors besides price when thinking about such surgeries or interventions!**