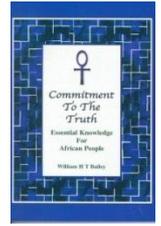
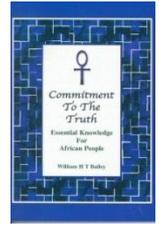
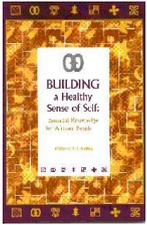


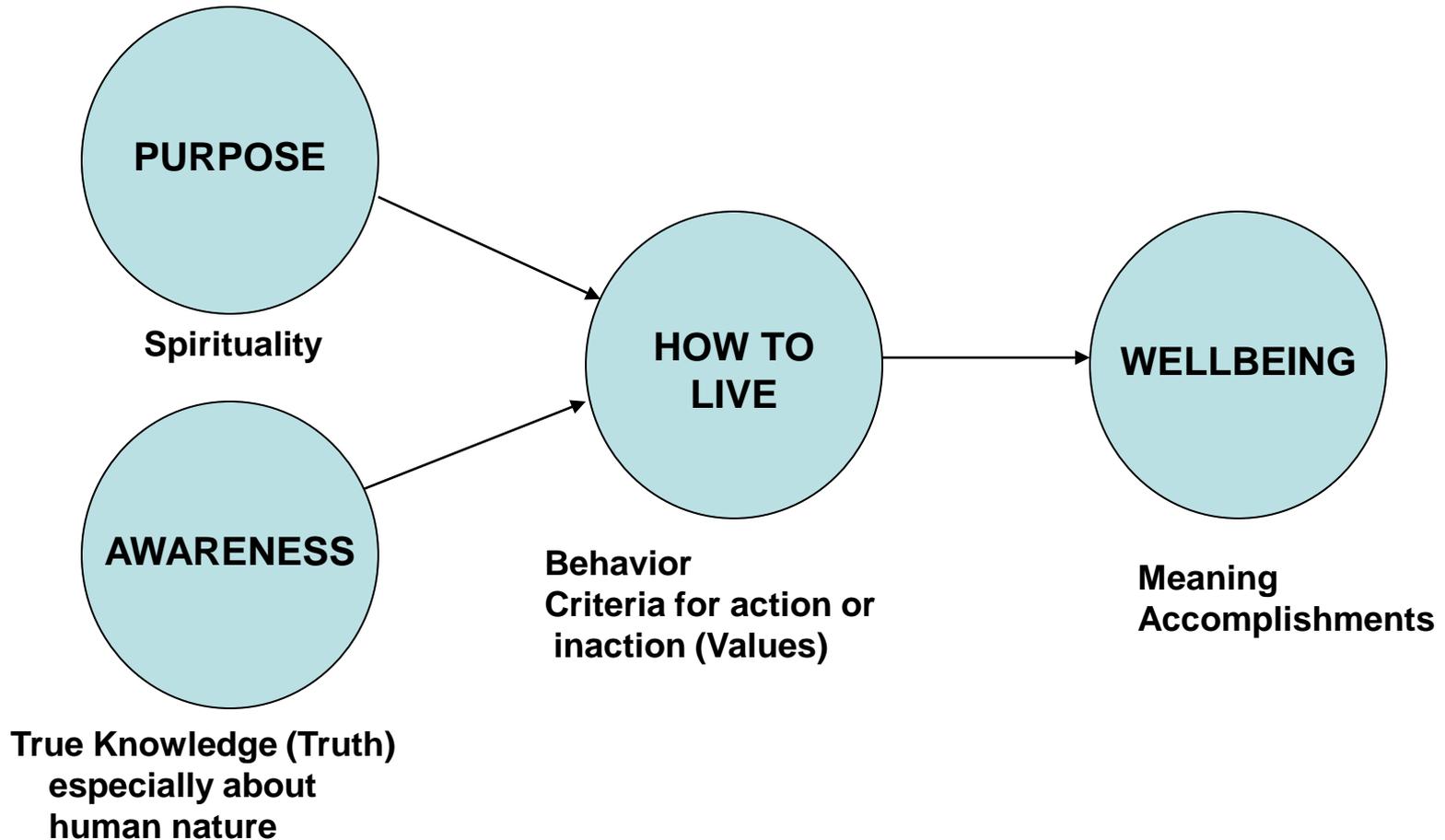
Self Determination Keys

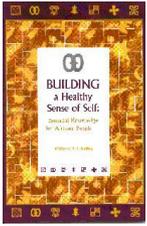


1. Understand the Big Picture.
2. Adopt a purpose that fosters harmony.
3. Recognize our positive and negative unconscious needs.
4. Consciously manage your limited resources.
5. Realize that it is instinctive to react to and attempt to control others with the negative unconscious motivators. Realize that you can be manipulated with the positive ones.
6. Understand and attend to the Self-Concept.

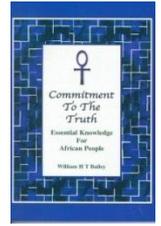


The Big Picture

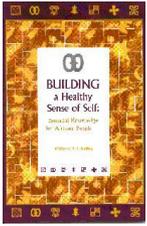




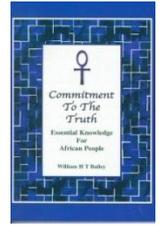
Purpose



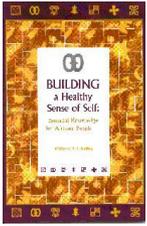
- Uplift and foster achievement potential in ourselves and those in our circle of influence.
 - Each interaction with someone is an opportunity to practice this unifying principle.
 - Purpose (spirituality) and Awareness (truth) informs How To Live.
- Necessary conditions for a purposeful life:
 - successful long term personal relationships
 - the wherewithal to pursue and complete worthwhile endeavors
 - financial freedom.



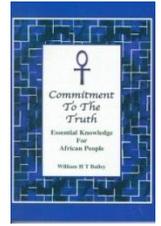
Basic Needs



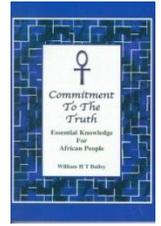
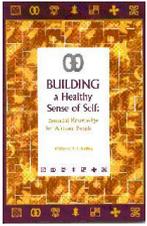
- **Positive**
 - to belong
 - to have our contributions appreciated
 - to have our thoughts, feelings and desires validated
 - to feel that our lives having meaning.
- **Negative**
 - to escape anxiety
 - to escape guilt
 - to escape fear.



Your Personal Resources

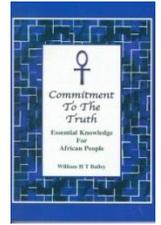
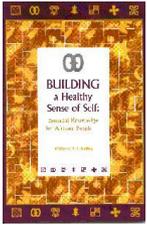


- Resources for fulfilling purpose and necessary conditions:
 - time
 - energy
 - money.
- These resources are finite!
- If you are not consciously using your resources for a clear purpose, then someone else is using your resources.

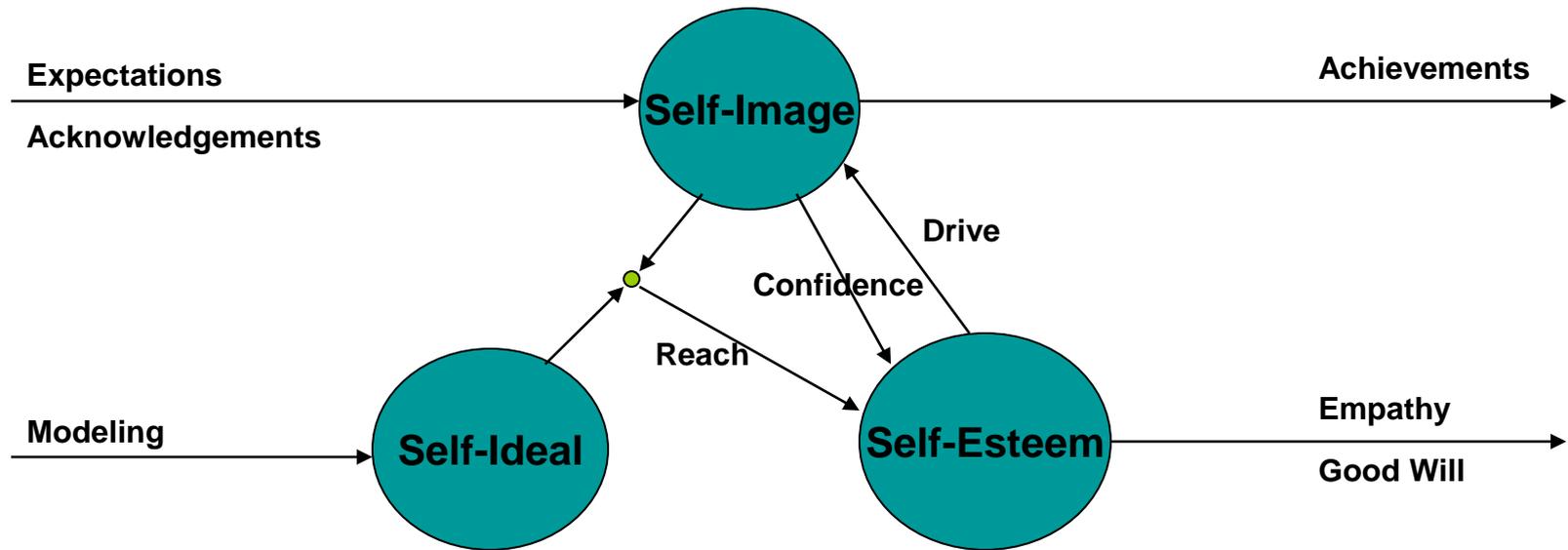


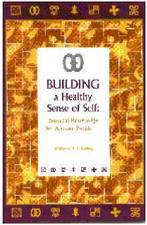
Manipulation Continuum

- Escalating tactics to extinguish “threatening” thinking and behavior:
 - ignore the thinking or behavior
 - reinterpret the thinking or behavior in an attempt to force it to conform to comfortable beliefs
 - punish the thinking or behavior.
- Example 1 – Being of African descent in a European environment.
- Example 2 – Young married couple.

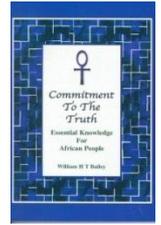


Self Concept

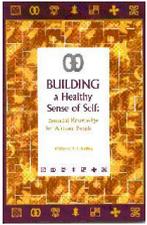




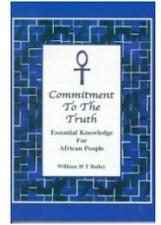
Healthy Self-Ideal



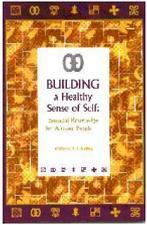
- For healthy self-ideals:
 - understand that up to the age of about seven a child accepts descriptions of himself or herself as facts
 - be a conscientious role model
 - create environments with positive black images
 - counter the pervasive message in our society that white means “good/right” and black means “bad/wrong”
 - be aware of and deal with the images children are taught to revere as ideals
 - get involved in self-affirming, self-celebrating organizations - ones that foster reverence for our ancestors and affiliation with our homeland.



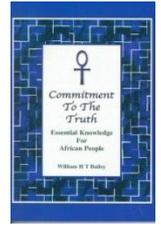
Healthy Self-Image



- For healthy self-images:
 - understand that a child looks to parents to ascertain his or her value
 - give abundant loving attention in a child's first years to set a firm foundation for a high achieving individual
 - in a child's later years, supplement loving attention with enriching activities and positive expectations
 - attend to your unconscious needs for belonging and contributing through ceremonies, rituals, celebrations and activities of social groups
 - engage in activities that cause you to extend yourself.



Healthy Self-Esteem



- Whereas self-ideal and self-image come from without, self-esteem comes from within. To encourage a healthy one:
 - nurture a child's self-ideal and self-image
 - choose your beliefs, surroundings, colleagues and activities conscientiously
 - develop and maintain the attitude of positive expectations.