

SOCIAL HEALTH ENGINEERS



**COMMUNICATING WITH PRECISION A
CLEARER IMAGE TO THE WORLD**

**The Social Life Skills
Strategist Blue Print**

THE DUTIES OF A SOCIAL LIFE SKILLS STRATEGIST BLUE PRINT

I am progressive in my approach as result my understanding is progressive (influenced and motivated by the needs and the capacities the ability to be reformed) I am universal in my approach as a result my tolerance is universal (wide in scope) I am holistic in my approach as a result my temperance/temperament is holistic (integrated system rather than parts) I am comprehensive in my approach as a result my confidence is comprehensive.

I am conscientious in my approach as a result my confidence is comprehensive...

(Painstakingly showing great care.)

My personal testimony as a younger personality while I was in grade school my teacher showed me a book with pictures in it of professional and careers a may want to ventures into. One of the pictures that stuck out was the man carrying the briefcase a business man because that person looked important to me I never knew until now how I felt the need to be important. So I am about the business of importance however, I did not receive the proper guidance nurturing on what I need to do to fulfill that role of importance. So a turned to external means to help me fell fulfill the business of importance. Needless to say I carry a briefcase till this day.

Let's define a goal a goal is a concentrated effort a fulfillment and the need for fulfillment why are you here is a need of fulfillment you have opportunity that is afforded to you to express your appreciation the life's endeavors has endowed you with if that's not favor then what is. The need is for spiritual guidance some may have taken opportunity of life that is afforded to us for granted some have been severely injured in this battle some have slightly injured some injuries are life threatening some heal fasters then others some don't heal at all but yet there is something that's in you and about you that can be salvaged that's your humanity.

So as a life skill strategist there is an art and science to war the war and battles is to remain focus in the key to it all is self-resiliency. I offer training in the art and science of self-resiliency. You have to feel that you will overcome be excited about you know you will overcome be thrilled about it and be the living proof that you have overcome something and someone at one place and time. Now the biggest challenge is overcoming our feelings of inadequacy.

Now there are 3 types of fears

- 1) Intellectual fear is a distraction that disappoints you
- 2) Emotional is a disturbance that deprives you
- 3) Physical is discouragement that despises you as a result you suffer in despair there lays the crisis how do you transition from the crisis. Depending what image you what want to project this is time when you really use your imagination becoming creatively innovative in tap into yourself resiliency this creative innovative image that you are projecting is the reflection of what you imagine for yourself creative for your innovate for yourself this type of resiliency becomes validating. Another accomplishment of fulfilling a need.

GIVE YOURSELF A HAND

Optimistically you're learning how to do 3 things

- 1) Communicate your focus
- 2) Activate your focus
- 3) Manage your focus

How by communicating the importance of the task effort, time energy and nature of remaining focus. You must not allow any to rob steal and even destroy your focus make that a mandate of yours.

You must do 4 things in taking preventive action you must persuade yourself, you must convince yourself, you must assure yourself and you must affirm yourself. Become accustomed to this process of self-approval be damn reselect about it.

Let's look at the word focus it is the center of interest or activity what are you truly and genuinely interested in? Some things you are interested in before its time or before you are ready you feel the need to just throw caution to the wind in just carelessly jump out there, because you care neither less of consequences nor repercussions of your actions. Is that being inconsiderate toward the feelings of others as well as yourself? At a certain age naturally we as humans need want and desire affection. From someone some body anybody however, that's out of desperation than you force yourself on the person wanting him or her to play a role for you that's the psychology behind it all sense I am not a psychologist I want stay in the field to long. The point is the center of your focus is a concentrated effort speaks volume to what you what from and out of life based on what your inert rest is this must be taught at an early age latter on down the you create habits that become difficult to break.

SO WHAT ARE THE HABITS WE NEED TO BREAK?

- 1) Not being task orientated you must be able at any given moment to recall and restore your focus of ideas objectives goals dreams and aspirations by giving yourself credit
- 2) Not being effort oriented you must be able at any given moment to remind and readdress your focus by diversifying yourself your focus of ideas objectives goals dreams and aspirations. Broaden your vision
- 3) Not being time orientated you be able at any given moment to renew and revive yourself or vowels to yourself become recommitted to further achieving you're the focus ideas objectives goals dreams and aspirations.
- 4) Energy orientated you must be able at any given moment to refine and replenish your focus ideas, objectives, goals dreams and aspirations by changing the energy that's around you
- 5) Nature orientated you must be able at any given moment to reaffirm and reclaim of your ideas, objectives, goals, dreams and aspirations.

In conclusion: Read Langston Hughes Poems: Harlem and Mother to Son

Harlem

By Langston Hughes 1902–1967

What happens to a dream deferred?

Does it dry up
like a raisin in the sun?

Or fester like a sore—

And then run?

Does it stink like rotten meat?

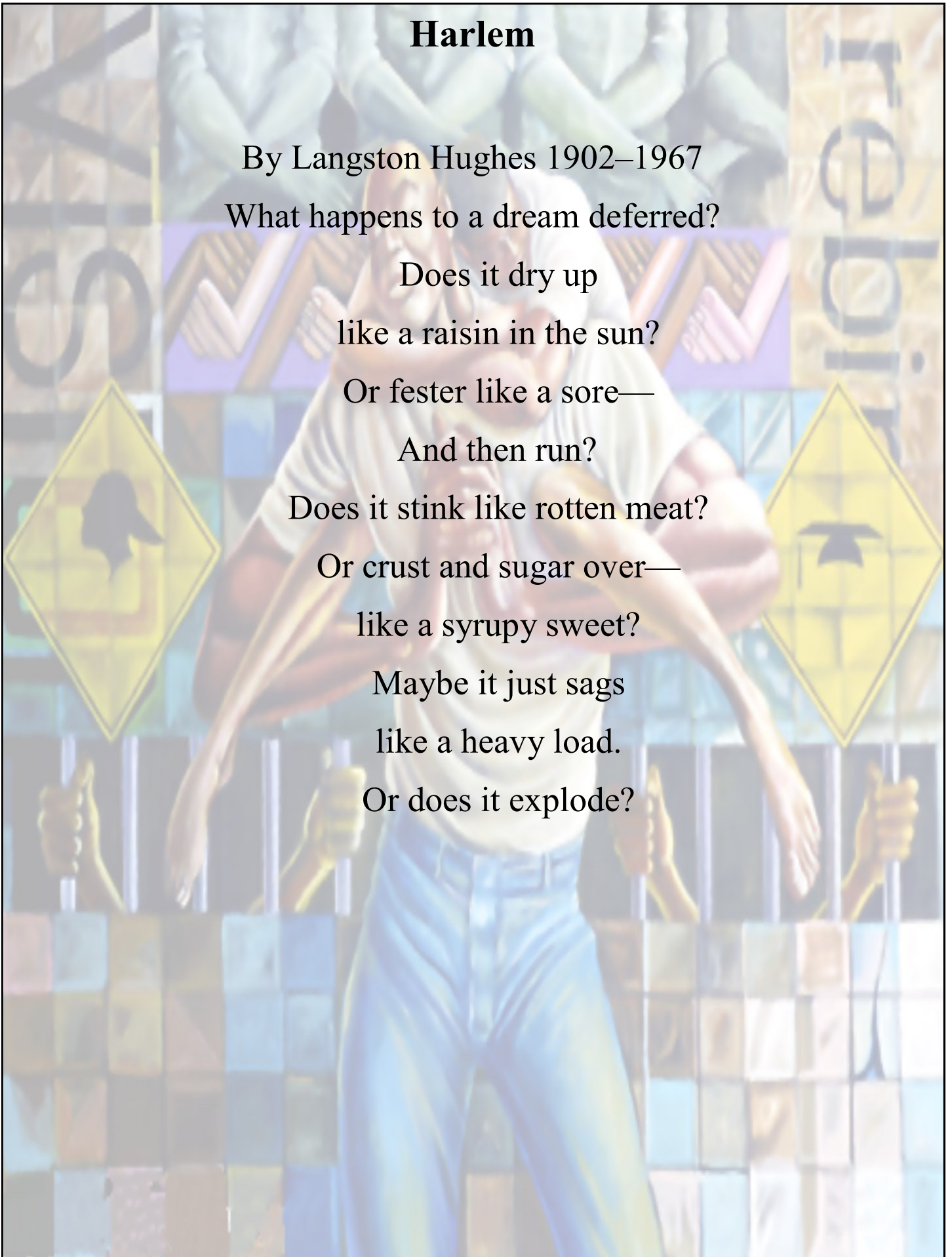
Or crust and sugar over—

like a syrupy sweet?

Maybe it just sags

like a heavy load.

Or does it explode?



By Langston Hughes 1902-1967

Well, son, I'll tell you:

Life for me ain't been no crystal stair.

It's had tacks in it,

And splinters,

And boards torn up,

And places with no carpet on the floor— Bare.

But all the time

I've been a-climbin' on,

And reachin' landin's,

And turnin' corners,

And sometimes goin' in the dark

Where there ain't been no light.

So boy, don't you turn back.

Don't you set down on the steps

'Cause you finds it's kinder hard.

Don't you fall now—

For I've still goin', honey,

I've still climbin',

And life for me ain't been no crystal stair.