

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



Richard Jorgensen, CEO

The Start of Something Good!

As human beings, we are **different, but equal**.

Our **HUMAN** side is **different** from others. It embodies our attitudes, beliefs, thinking, and behavior, which make up our **humanness**.

Our **BEING** side is **equal** to others. It embodies our essence, soul and spirit which make up our **beingness**.

The **antidote** for stress in life and in relationships is to live in the **reality of equality**. We do not have to “work at” equality.

In the world of **control** we perceive everything as a ‘have to’. We therefore have to manage our lives and other people; we become uncertain, overly responsible; then angry that things aren’t how we planned and no one appreciates all we do. We then reject before things reject us and have too many expectations of life, ourselves and others.

When we stop living from fear and in the illusion of “control over,” a world of **equality** and **Personal Power** appears that is natural to us.

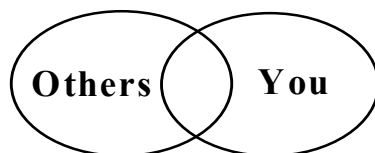
In the world of **personal power** we perceive everything as our own choices. We then make decisions for ourselves; we experience courage; and so we can let go of things that are not right for us. We experience the love that is already there; and now acceptance is something that we *give* rather than what we seek, and we live with a deep faith that all is well.



When we exchange Personal Power **with each other**, we create Empowerment.

Empowerment is the mutual exchange of creativity, compassion, and support.

Empowerment brings balance and harmony to all of our relationships.



Living a life of Empowerment is what Life Skills U is all about!!!

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