

## Excerpt from: **Fearlessly Recession-Proofing Your Life—Now!**

By Victoria Ashford

I'm not afraid. Are you? Sure, there's a lot going on to stir up fear: job loss, foreclosure, bankruptcy, health issues and so on. Your personal list could include these and many others. But here's an in-your-face question: What are you doing about it? If your answer is trembling in a corner, wringing your hands or pacing the floor, then I suggest you're losing ground, wasting time and wearing yourself and the carpet out. Put down the antacids and the aspirin, I have good news. There are significant strategies that will get you **mentally conditioned** and **properly positioned** to not only survive—but thrive in any economic climate.

Listed below are ten effective action items you can begin or accomplish NOW. Implementing one, some, or all ten can get you back in the "driver's seat" where you skillfully steer through turbulent times and emerge as the victor instead of the vanquished. The order isn't important, but the execution is. So, when would be a good time to apply them? You got it—NOW!

### 1. **Scrutinize Your Support System.**

Courage—the necessary element to combat fear. An effective way to cultivate courage is to have a strong support system in place. I can personally attest to the importance of this. When I was considering leaving a long-term, well-paying secure job during the beginning of this Recession to follow my dream of speaking and training full-time, obviously I had some concerns and mild trepidation. Nevertheless, I knew it was time to make a change and pursue higher goals and callings, but saying goodbye to people and an organization where I was a respected high achiever was not going to be an easy task. I am convinced I was able to "take the leap" with great confidence because I had the right people in my corner who I could turn to for advice, encouragement, motivation and correction. Yes, I still face challenges, but I charge ahead, sidestepping setbacks and conquering any real or imaginary fears because my "safety net" is firmly in place.

And you can too. Ensure you have ongoing intellectual, emotional, spiritual or financial support. This is vital for you to reduce stress, possess mental clarity and maintain your physical strength. If you have not done so, I encourage you to evaluate the *who's* in your life that can provide this. If you don't have enough people to help you, then it's time to network and make some new friends. Join a civic club, help a charity, or attend a Chamber of Commerce function; wherever successful people congregate, make a point to be there too..

I lead sessions and workshops where I often share my **Care Compass™** with clients and participants. A compass, as you know, is a device that helps you with your direction if you are lost or searching for the right path. My Care Compass™ works along that same line, but offers so much more. It is my innovative system to enlighten, equip and empower others to revive their dreams, overcome discouragement, reduce laziness and obtain wisdom. Essentially, a phenomenal technique that will move you toward solid support and security. If you want to learn more about applying my Care Compass™ to your life, contact our offices (information listed on my bio page) for session or workshop information.

## **2. Have a “Hard” Skill-set.**

Head to school for additional education, a certificate, diploma or degree. This may seem like the most apparent, obvious thing to suggest, but you would be surprised at how many people have ignored or neglected acquiring what I call “hard” skill-sets. I label them *hard* because once you have a document proving your ability to learn and accomplish certain tasks and activities, it is hard—if not impossible—to take that from you. It’s yours to keep—forever.

Also remember that industries and work environments change, and you may need to acquire additional education just to keep up. I personally know people who, because their past and present jobs did not require computer skills, find themselves in a quandary and struggling because they do not have a command of common word processing or spreadsheet programs. Be intentional about your knowledge base and upgrade or update it now.