

Independence



It's often easy to spout our opinions in social media formats but how often do we really step out and stand for what we believe is right, even when no one is by our side?

With self-direction and critical thinking skills you can sort through the ideas and expectations of others and reach your own conclusions. This independence requires courage because you are not operating under the influence of anyone and you might likely find yourself standing alone. Yet, it was through independence that our nation was founded.

Independence requires other EI components such as reality testing, self-regard, and assertiveness.

Things to do: Think of a time in your life when you experienced independence (i.e. riding a bike, driving a car, moving out on your own). How did this experience impact your confidence?