

# DO YOU HAVE WHAT IT TAKES?

## To Jumpstart your Brain for “Endless” Energy

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### “Your Interdependence”



Did you realize that it is good to be independent; however; it takes a greater skill to become *interdependent* (my favorite word). Yes, I said *Interdependence*. Interdependence is the ability to recognize the ability, talents, and resources in others and to be excited for an opportunity to come together so that each and every one involved wins.

Being independent is good and represents your ability to provide food, shelter, and personal items for yourself and family. However, becoming interdependent requires an additional skill from you.

Becoming interdependent requires the ability for you to see and appreciate the talent and resources in others. In other words, you see or look for the value in others as they create a positive mindset or change in another. This positive mindset, attitude, and change come from the encouragement of one who looks for and sees the light in you. Yes, they see your light which you imagined was buried with disappointment, fear, and doubt. They see and look for your light which you imagined you buried with lack of verbal communication and goal-setting. They look for and see your light in spite of the fact that today we may find ourselves communicating through technology (texting and social media) more often than we verbally speak and embrace one another.

Keep in mind that technology has many benefits; however, studies reveal that it should not be our only resource of communication. Studies reveal that your amazing brain (your 100 billion neurons) was designed to verbally communicate in order to understand and set emotional and physical goals. Your amazing brain becomes creative through using sight, smell, touch, hearing, and taste. Use of your amazing brain will lead to your *interdependence* as you seek to appreciate, understand, interact, and serve others with your talents and learned abilities.

In closing, keep in mind it is good to be independent; however, it takes a greater skill to become *interdependent* which is seeing and appreciating the talents and resources of others. I believe I will improve my interdependence as I reach out consistently seeking and appreciate the value and uniqueness in others beginning with family and community.

Experiencing the lose of a young family and community member is painful and is occurring more often .to families everywhere and is an important reminder to verbally communicate consistently to seek, encourage, and appreciate the value of others. The end result is *interdependence* where everyone involved wins.

Jumpstart your brain; jumpstart your life!

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