

# LET & ABLE Newsletter

*Issue 105 ... October 2023*

Lately, I have been thinking about my role in the life of other adults. My adult family members, friends, clients, and others hold a special place in my heart. The place is so special that I let many of you make your own decisions. Many of us are hoping and believing for the best outcomes for adults in our lives. With our combined earnest expectations for and with them, they should be able to make the best decisions 90 percent of the time. However, it is the 10 percent of the bad decisions that can throw their lives into a tailspin and cause us to “unnecessarily and beyond the call of duty” get involved.

Today, I want it to be known to myself, us, them, and they that we no longer will carry the guilt, shame, condemnation, stain, embarrassment, and disgust associated with the negative natural consequences and disappointing outcomes that sprouts from their poor decision. We all have a bed that we made that we must now lay in. For the adults in our lives, we cannot enable them to keep doing business as usual, lay in the bed that they made, unscramble their stirred-up chaos, rescue them from the pain they regularly sign up for, and march to the drum beat of dumbness that they have a soul tie with. The fore-mentioned ideas can be wrapped up in the need for us to embrace better boundaries.

Better boundaries on our part are the best way for us to help the adults in our lives that cannot seem to get over the hump (humps that they continue to create). The boundaries in our lives can help us to personally experience more peace, save money, avoid stress, enjoy the fruits of our labor, and pray for their ultimate breakthrough. Boundaries help us love them from a distance and yet be there in a time of need.

I’m ready to enhance my personal boundaries. Are you ready? I’m committing to raising the standards of my boundaries. Are you willing to commit to doing the same thing?

***Dr. Recco***

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**Published By**



## **Staying At Least One Step Ahead in Life**

**by Recco Santee Richardson, Ph.D.**

For the last 12 months, I have been watching my life and the life of others. As usual, I was not looking for anything. I was simply observing, meditating, processing, engaging, and seeing what I could see. This morning it came to me that there is a need for all of us to stay at least one step ahead in life.

When it comes to success and happiness, there is little that separates those that have the stated and those that do not. I'm finding that there is a small difference that makes a difference\ in what we experience and get out of life.

The following are some ideas that came to me regarding how to stay at least one step ahead in life.

**1). Stay Prepared:** Eventually, all of us will be presented with opportunities that were longed for and challenges that come to rock our world. The prudent person has a plan and methodology for being and staying prepared for the chance of a lifetime and the fight of the year. What helps us in both scenarios is having some type of plan of success, a host of options associated with all the what ifs and paying attention to details. For many of us, the difference between success and failure is the level of preparedness that we embarked on weeks and months ago.

It is amazing how staying prepared helps us to stay one step or more ahead in life and ahead of others who are seeking the same results we desire. I made up my mind a long time ago that if I do not achieve and secure what I need in my life, it will not be because I was not prepared and failed to have a plan.

**2). Support System:** In capitalist societies like the United States of America, it is difficult to get ahead and stay ahead without some level of support from others. This is true because so many things can go wrong, and we may not have the solutions within our grasp. *(cont. pg. 4)*

### **This Article Discusses**

**>Staying Prepared**

**>Keys To Achievement**

**>Enabler's Harm**

**>Leveraging Actions**

**>The Right Place**

## Welcome To Our Counseling Team!



**Aereonna Pool, MSW, LLMSW**

Aereonna is a Limited Licensed Social Worker. She demonstrates empathy and relatability skills that help her to connect with clients, while they develop independent personal resolution skills. Her approach to counseling is primarily strength-based therapy and cognitive behavioral approaches. Aereonna is a graduate of University of Michigan- Flint where she obtained her Bachelor's of Social Work. She also graduated from the University of Kentucky with a Master's of Social Work degree. Via individual counseling and group settings, she helps children, adolescents, young adults, families, and parents address behavioral issues, high stress situations, anxiety, depression, anger, and life skills.



**Michelle "Shelly" Gleed, MS, LPC**

Shelly is a Licensed Professional Counselor. She strives to offer an environment where clients feel safe sharing their personal journey, work on resolving problems, and accomplish their desired goals. Shelly's Master's Degree in Counseling from Spring Arbor University is supported by a Bachelor's Degree in Family Life Education from Spring Arbor University and an Associate's Degree in Child Development from Jackson Community College. Overall, Shelly has a combined 25 years of experience working with children, adolescents, and families in different capacities. She uses a variety of counseling techniques and believes every client has the solutions to their dilemmas within themselves.



### ***Appointments***

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#### **Individual/Family Counseling**

Recco Richardson Consulting  
3456 Pierson Place, Suite C  
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(810) 394-7815  
[reccorichardsonconsulting.com](http://reccorichardsonconsulting.com)

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### **Available Now!**



However, a person in our support system may have the solution and answer that we need. Also, sometimes we lack the necessary skills and resources needed, thus the assistance of others is needed. The assistance is them helping us achieve our goal. It is not them doing all the work and possibly defaulting to being an enabler.

While it sounds good to go it alone and do it by ourselves, it is difficult to do so consistently with success. Why? Because eventually, one day we will experience fatigue, frustration, annoyance, agitation, depression, anxiety, worry, and dread regarding the goals in our lives. When the stated happens, our cars, toys, houses, and jewelry will not be able to motivate and support us. They will not offer words of encouragement, a sympathetic ear, brainstorming sessions, or financial assistance.

*“Old school defeated thinking says “Do it by yourself.” Dr. Recco*

We should always have and leverage the support of others. There is no sustainability and glory in burning bridges with every friend, some family members, current and past co-workers, solid in-laws, and other characters of interest. Taking the approach of doing it by yourself as the only option does not mean that you are brave or special. Rather, it means that you are surrounded, alone on an island, at a disadvantage, and have little to no support. There must come a day in all our lives, where we can maintain relationships with critical people who know how to support us.

**3). Know What You Want:** While it may sound basic and a fundamental truth, we must know what we want. It never ceases to amaze me the number of people who really do not know what they want in life and for themselves. Somewhere along the lines, they lost themselves, hope, zeal for life, enthusiasm for tomorrow and a sense of purpose. For them, life has become a predictable status quo experience that regularly leaves them a day late and a dollar short.

To stay at least one step ahead in life, there is a need to know what we really want. It is our life and the only person that can start the process of making the magic

happen is us. Happy and whole people tend to know what they want in life. They figured it out and then each day implemented aspects of their plan. The process they followed required them to climb many mountains, forge several seas, follow each rainbow, change their plans, seek wise counsel, admit their short comings, and remain unfazed by happenings around them. They figured out the code for unlocking the depths of their existence and held their breath when they took a chance and betted on themselves and their future.

**4). Being In the Right Place:** I genuinely believe that good fortune and provision are waiting for us to be in the right place at the right time. Of all the places to be, there is a place called there, that we must get to and experience. Day by day, the directions and road map for getting to the right places in life are presented to us. We must hear, see, believe, accept, and act when the stated is presented. A sense of awareness and being in tune with our surroundings is required to reel in the benefits of being in the right place at the right time.

*“Being in the wrong place is not good.” Dr. Recco*

Most of us have wasted lots of time and life due to being in the wrong place and with the wrong people when we could least afford to. Divine connections with people, places, and things are the calling card for staying at least one step ahead in life and walking in the privileges that so many of us deserve. Our ancestors and others fought and died for our current day opportunities that await our arrival at the right place. I continue to believe that timing, seasons, cycles, phenomena, karma, luck, providence, and chance are assigned to our lives and hold within them all things pertaining to health, wealth, peace of mind, energy, forgiveness, and quality well-being.

When it comes to being in the right place and the right time, there is a need for us to have razor sharp insight and to not be given to two opinions, confusion, self-doubt, unbelief, and fear. If we overcome the stated ills, we will live and remain in places of authority, dominion, achievement, and at least one step ahead in the game of life.



## **How To Contact Us**

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