

LET & ABLE Newsletter

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You have permission! Yes, you have permission to do and become whatever is in your heart and mind to experience. Often, we wait and wait for someone to give us permission or to tell us that now is the time. Well, I am here to tell you permission has been granted and you are free to move and make things happen as planned.

I fully understand the importance of timing, seasons, callings and how systems work. Once all is done, you and I must believe and accept that we have permission to move forward and expand our territory. The last thing we want to do is delay our stay, make one too many excuses, miss another excellent opportunity, and play it safe at the wrong time.

For a long time, I have been watching and seeing things from various perspectives. What I see and hear now is the need for us to accept permission and to launch towards the passions and depths of what has captured our imagination and impregnated our hearts. This is what I believe, and this is what I know, for this time and for this hour.

I am accepting my permission. Are you ready to accept your permission? I am next in line for something big and permission has been granted. Are you in line for something big? I have patiently waited and toiled for what is coming my way and I must take advantage of the permission granted. Are you ready to take hold of the permission granted to secure what has been promised to you?

Recco

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No Matter What, Keep Moving Forward **by Recco Santee Richardson, Ph.D., LPC**

Over the last 57 years, there are many things I have learned and come to realize. One thing that stands out is the need for me and others to keep moving forward no matter what. Moving forward in the face of death, dread, storms, let downs, failures, broken promises, lies, misfortune, and missed opportunities is complex and can take a lifetime to figure out and master. Once mastered, the fruit and rewards are tremendous and can help our family, community, and the world.

I have found the following thoughts and principles helpful in my life and in the life of others, who tend to carry out their goals and keep moving forward

1). Be The Best You: It is difficult to keep moving forward when we compare ourselves to other people. The difficulty arises because the target and standard held by others is not our burden to bear. For many of us, it is smart to put our best foot forward each time and avoid focusing on others. We must be settled and set on being good enough and able to do everything we undertake. If nothing else, always believe and know that you are enough and have what it takes.

2). Invest In Yourself: Once we enter adulthood, many things change. For most of us, no one pays our bills any longer and we must figure life out as best we can. To put ourselves in the best possible position for success and regular movement forward, we must invest in ourselves. Investment can be time, training, schooling, trades, development, planning, self-care, and much more.

Failure to invest leads to very few future returns in our lives. There is a price to be paid and that cost is investing in who we are and what we stand for. We cannot wait for others to invest in us and pour hope into our existence.

This Article Discusses

- >**Keep Moving**
- >**Being Settled**
- >**Position Yourself**
- >**Purpose & Design**
- >**Disciple & Planning**
- >**Resource Management**

3). Live Your Life: I must say that most of the restrictions found in my life previously and currently, have one thing in common. That is, I imposed the restrictions on myself. Out of fear, doubt, ignorance, rejection, and laziness, I put the restrictions in place. If I want to move forward, I must disengage them daily. We all must do the such to live the life we want and the one designed for us. There is a purpose and design for our lives. Once we tap into it and make the necessary provisions, life becomes more rewarding, our efforts are not stymied as often and fulfillment within us can take place more regularly. The goal must be to live our life and not the life others want for us. We should not let others dictate the life we have.

4). Tap In Regularly: I must say. The more I learn, the more I realize that I do not know much. For most of us, to keep moving forward, a thirst and hunger for more knowledge, wisdom, access, and wholeness must be tapped into. There is much we need daily. By accessing the stated via discipline, planning, provision, acceptances, faith, and obedience, we can avoid stagnation and reach places and plateaus that were ordained for our lives. As a lifestyle, the pursuit of justice, equity and solid character can mold us and help us tap into higher thoughts and move forward.

5). Be A Resource: One idea that surely delays our moving forward is the decision to become self-serving to the point of not being willing to share the resources that we have. While everything that we have is ours to enjoy, the circle of life is not complete until we share it with others. The laws and principles of life make it clear that to secure more, we must be willing to release our resources and give a part of what we have to others. Right now, you and I are the resource that someone else needs. They are stuck and unable to move forward because we have not released the resources that we have. When we give to others our talent, time, and treasures, we set into motion principles of growth and movement that is a serious force of nature. What we are willing to freely give to others often finds its way in some way, back into our lives as a return.

"Our life is what we make it" Dr. Recco

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