

DETROIT NATIVE SUN

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Relationship First Aid - How do you relate to future plans?

By Ma'at Seba
SUN COLUMNIST



Do you have the career or profession that you had always desired? Do you wake up in the morning excited about your life? Do you have the type of income that you desire? Are you in a relationship that is supportive and healing? Does your circle of friends or influence reflect who you

"really" are? If you answered no to at least two or all of these questions, chances are you do not have a "Business Plan" for your life.

I think it is safe to say that quite a few of the people that you know are not living the life that they had envisioned for themselves. They are stuck in a J.O.B. (Just Over Broke) that they do not like, in an unhappy relationship and/or are barely making ends meet.

Your life is like your business, you are an entrepreneur, and any successful business must first have a business plan. A business plan is the structural foundation for your business (life); it should be well thought out to decrease any margin for potential problems. The business plan maps out the business owner's vision for their business as well as a realistic view of the expectations and long-term objectives for the business. Preparing a business plan does not guarantee success, but lack of a solid plan will almost certainly ensure failure, failing to plan could mean a plan to fail!

Creating a life's plan can be time consuming and tedious, needing much thought, analysis, research and strategizing. You will get out of your business (life) what you invest into it! However, you also must be brutally honest and realistic. Be creative and willing to move past the doubts and fears and step out of your box.

Your life's plan should be founded upon your "passion", which is something that you love to do so much that you would not mind doing it for free. Unfortunately most people do not even know what their passion is. To help to determine what your passion is, think about what career or profession you would choose if every job, career or profession in the world only paid \$10.00 an hour. Or, if you already had millions and were financially secure, what would you do (hopefully for others) for the rest of your life? Since money would not be the determining factor for choosing a career or profession, then the only motivating factor for your choice would be that you love to do it.

Idealistically, your life's plan should be written well before graduating high school

because that would be the time for making any future decisions on the tentative levels of education needed to fulfill your passion. Unfortunately, at that age most do not know what their passion is and they tend to change their minds often. When a life plan is written out early in life it also serves as a potential decision making barometer for other future life's decisions. Decisions such as;

- 1) Choice of friends - when consistently focusing on your passion, those without your similar vision or goals might ultimately become a distraction and not an inspiration,
- 2) Choosing a mate - the chances becomes greater in finding someone with a similar vision and goals as yourself, which can enhance and even compliment you both in your visions. Not having a supportive mate could stifle, your passion; which can ultimately cause resentment, if your mate does not agree with or share the same vision as you do, then they should at least respect it, as you should respect theirs.

- 3) Having children - the decision to have children might better be made based upon the time elements of your short/medium/long-term objectives.

- 4) Finances - a well planned, analyzed and strategized life's plan will reveal your current financial status and what will be required in the future to bring your vision into fruition, it will be obvious as to when, where and how to show restraint, get financial assistance and/or ultimately expect compensation.

- 5) Plans B&C - which would be alternate plans if anything unforeseen should happen such as becoming a parental caregiver, local, national and local conditions (political economic or environmental), illness or death of yourself, your mate, child or other loved ones, personal and/or business relocations, expansions, etc.

It is NEVER TOO LATE to write your business plan, even if you have been in the work force for many years and have a family, if you are not living your vision then that is more of a reason to get your business plan written today. Beginning to do what you enjoy will be like a new lease on life's filled with creativity, energy and motivation. Life is much more pleasant when you live or work with someone that is living their passion. Your life is your "business", if you don't run it someone else will!

Goddess Ma'at Seba is the founder and facilitator of RELATIONSHIP FIRST AID, a program which uses spiritual principles as the tools to identify and resolve the causes of unhealthy, toxic or stressful relationships, whether it is with your mate, children, friends, co-workers as well as yourself. Ma'at can be reached for speaking engagements, classes or lectures at: Relationshipfirstaid@yahoo.com or Maatseba@gmail.com

By D. L. Gibson
SUN LIFESTYLE COLUMNIST



Our curiosity was getting the best of us. Should we go or stay?

The officer heard them announce, "Officer down" on his walkie talkie. Then a cold

blue was called.

We were curious to find out who was dying? Crazy Marsha apparently had regained her strength and was back at it again.

Sister Girl then said, "Call Bishop or Pastor Thug Life. They should still be in the hospital lobby with the trannies."

It was a brilliant idea, but it had some loopholes. First, the Bishop would likely be curious about why we snuck out of the hospital and two, how do we know something else is going on inside.

Curiosity got the best of me and I mustered up the courage to call the Bishop.

He apparently saw my number flash across his caller ID and asked, "Sister Dee where are you?"

I tried to divert the conversation by telling him, "Someone bust out my back window in the hospital's parking lot."

It didn't exactly work, because he said, "Yes. I know. The deacon's sister-in-law is in the back with bloody hands

Mom on the Rebound

stating how she used her bare hands to try to get into your car to get a picture of the deacon in a compromising position. Is that the same picture that I saw with Pastor Thug Life?"

Yes, I replied. She went crazy then suddenly passed out. The ambulance technicians and officers wheeled her into the hospital on a gurney. Is she okay?

Bishop said, "Yes. She apparently regained her strength. Then, she picked up a chair and threw it across the room, hitting one of the officers in the head. They then tried to restrain her and had to use a tazer on her. It was crazy. She then started having seizures and now they've called a cold blue on her. She stopped breathing, and they're doing CPR on her. It was so weird. I was standing in the hallway and saw the whole thing. Lord have mercy on her soul."

I didn't know how to reply, but then I asked, "How's the officer?"

Bishop replied, "He was hit in the head with the chair and was knocked out cold. There's a big cut on his forehead. Blood was gushing out. Doctors and nurses were in one corner helping the deacon's sister-in-law and some were in the other corner helping the officer. They made me leave the area. I don't know what's going on now."

Then all of a sudden, I hear a familiar voice over the phone. Is it...that can't be the crazy deacon's voice or is it?

Mom on the Rebound is based on actual events.

Relationship Building 101

By Darrell Hall
SPECIAL TO THE SUN



As an entrepreneur, a literacy instructor, and a black man in America, I know firsthand the importance of possessing sustainable relationships.

As you may know relationships can be trying. They can be complicated. Relationships can be exhausting and most of all, they take work; a lot of work! If you desire any type of relationship to prosper, you must be committed (you can't expect to have a good connection with you or business partner, significant other, nor with kids if you're inconsistent or unreliable). You must be open-minded (not everyone will think, nor act like you and that's ok. The tense problem occurs when your ideas, concerns, and/or issues are disparaged. At that point, it's time to strap up the laces and move on). You must be flexible (it's ok to go the extra mile and be vulnerable at times). And you must be honest with both, yourself and the other person (you should know that black folks can't stand a storyteller or an individual who can't keep his or her word; may it be in business matters, with your partner, or with your kids- it's a no no! If you can not hold up your end of the bargain let it be known earlier on.)

Relationships come and go- some are worth fighting for, others not so much. As you are well aware, relationships can be found just about any and everywhere- with our kids, family members, with a significant other, on the

job, with friends, and most of all- with ourselves! Some friends you can walk away from; especially if the relationship is one sided or unfulfilling You can even walk away from a job (hopefully you have a plan) if growth is not promoted, unseen, and tension has become your best friend. It may be time to go. Just like you, I've been there. I wanted to give an old supervisor a piece of my mind and happily soar to Cancun. And you can always away from "some" family members, especially if the support is low and the negativity is high. With each situation displayed above, one must embrace the idea of possessing internal peace, freedom, patience, acceptance, and most of all understanding.

Just like your urge to be free, to possess patience and understanding, knowing that we need relationships is just as important. Yes, as mentioned relationships are established just about anything and yes, we can walk away from relationships if need be. The key is knowing how to nurture and sustain those so-called important relationships with your child/kids, with a stable mate, in business and most of all with self. We can not live peacefully and to our fullest with these particular relationships lacking or failing; their essential to our success. Having a supportive and reliable helpmate is like no other. Possessing an open and understanding relationship with your babies is vital to your blood pressure. Connecting with passionate (like-minded) and dependable business or community partners has a multitude of benefits. Furthermore, maintaining these particular connections can correlate to what all people desire: love, freedom, respect, and peace.

I once came across an African Proverb that read, "If you want to go quickly, go alone. If you want to go far, go together". I couldn't agree more!

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