

Who is the President of ME

Is it the boss, the significant other, the clergy, your MOM? Is it the government, is it a religion? Is it the playground bully? Is it YOU? Who's responsible for the condition of your life? Who (and what) is governing your happiness? Perhaps it's time to hold an election...

WHO RULES ?

Are we fully engaged as citizens - of our country, of our world? Sitting on the couch and shouting at the television doesn't count. Participating in the messy process of our hard-won democracy and recognizing our responsibility as global citizens is a sure path to keeping our individual power.

WHO CAN I BLAME ?

This, perhaps more than any other, is the one question that fully captures the philosophy of The President of ME. We live in a culture that has all but abandoned one of the most empowering tools in our interpersonal arsenal - taking responsibility for our actions. Proclaiming, for better or worse, "I DID THAT" is the straightest path to keeping our personal power.

WHO GETS ALL THE CREDIT ?

Everyone stuffs their wallet with too much plastic, yet no one has a gun to the head when filling out an application for a credit account. Really understanding how an excess of consumer debt can become a life-draining force might give more applicants pause. Eschewing the credit-card habit is a sure path to keeping our fiscal power.

WHO'S THE BOSS OF MY BODY ?

Whether defending ourselves from institutional overreaching, or an aggressive date, or an abusive relationship, or the insidiously clever marketing campaigns of junk food makers, it can be a full time job trying to keep dominion over our bodies. Learning to say NO, in no uncertain terms, is the first step to keeping our physical - and psychological - power.

WHO 'LL WATCH OUT FOR ME ?

If we don't believe in our own potential, who will? Intelligent confidence gives us solid footing for pursuing our best dreams and ambitions. But it's just as important to know the difference between a robust self-esteem and a runaway ego. Understanding how to say, "watch out for me, world!" in a healthy voice is a critical step toward finding ones rightfully destined power in life.

WHO'S IN CHARGE ?

Everyone is a leader - by example. And everyone is a follower - of rules, trends, peer pressure, you name it. Are we thinking critically or just blindly going along? Do we have the courage to challenge conventional wisdom? And the actions we take - are they ones that tell the world we're being a thoughtful leader... or a Despot? Leading and following both demand honest introspection. And honesty, even when the truth is ugly, is a guaranteed path to genuinely MEANINGFUL power.

WHO CARES ?

If we take good care of ourselves and ignore the world around us, we are NOT taking good care of ourselves. We are all part of a larger organism, the alliance of all living things inhabiting one address - Planet Earth. If we don't do our part to show that we care about the world around us, it won't matter if we're in great shape, are rich and beautiful, look young and have all the finest food and all the latest fashions. We'll be alone and stranded in a desolate place. Caring outside ourselves is a sure path to leaving a legacy of sustainable power when we're gone.