Self-Reliance

Self-Reliance is counting on YOURSELF to be successful. That means no matter what is going on around you or how other people are acting, you are in control of your emotions, actions, and reactions. In reality, your goals are yours, and no one else's, so it's up to you to reach them. While support from others is needed in some cases, validation (approval/praise) from them is not.

How am I going to practice self-reliance this month?

What do I do when people around me are distracting, or not being supportive?