



Quick Guide

to maintain

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your

autonomy



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QUICK GUIDE TO MAINTAIN AUTONOMY

Practises

1 Critical thinking skills

Work your knowledge and ability to critically evaluate information and discern fact from fiction.

Question sources, verify information, and consider alternative perspectives before forming opinions or making decisions.

By honing your critical thinking skills, you can resist manipulation tactics designed to exploit cognitive biases and misinformation.

2 Enhance Emotional Intelligence

Embrace self-awareness, empathy, and emotional regulation to better understand your own emotions and those of others.

Recognize manipulative tactics that rely on emotional manipulation, such as guilt-tripping or fear-mongering,

and learn to respond (to) yourself and others with genuine empathy and rationality rather than reacting impulsively.

3 Educate yourself

Familiarize yourself with common manipulation techniques used in various contexts, including advertising, politics, and interpersonal relationships.

By understanding the psychology behind manipulation tactics such as gaslighting, guilt-tripping, and social engineering, you can recognize them more easily and protect yourself from their influence.

4 Boundaries and Assertiveness

Establish clear boundaries and assert your autonomy in relationships and interactions.

Practice assertive communication techniques to express your needs, preferences, and boundaries confidently and respectfully.

By asserting yourself, you can deter manipulative behavior and maintain control over your own decisions and actions.

QUICK GUIDE TO MAINTAIN AUTONOMY Practises

5 Mindfulness and Self-Care

Self respect and self esteem are important guardians to manipulation.

Mindfulness practices such as artmaking, meditation, deep breathing, or journaling to stay grounded and centered in the present moment are true self care.

Prioritize self-care activities that nurture your physical, mental, and emotional well-being, reducing susceptibility to stress and manipulation and avoiding distraction and inattentiveness.

6 Build a support network

Surround yourself with supportive friends, family members, and colleagues who respect your autonomy and have your best interests at heart.

If that's not possible for you, then use technology to lean into international or intercultural support networks for solid guidance, fresh perspectives, and positive encouragement during challenging times,

and reciprocate their support in return.

7 Stay Informed

Stay informed about current events, trends, and developments in your areas of interest, but remain vigilant about the sources of information you consume.

Be wary of sensationalism, propaganda, and misinformation, and seek out reliable, fact-checked sources of news and information.

8 Be Vigilant and Intellectually Awake

Fatigue, stress, worries, useless debates, and fights wear you down. Don't engage in low-vibe situations.

Don't allow yourself to be intellectually lazy, over consume too much of the same news, or shortcut to your past opinions and behaviors.

Be precise and focused in dissecting your news sources (for ex. opposing world views) and don't take opinions for facts and vice versa.

Keep challenging your own thinking, opinion forming and attitude.

SERVICES



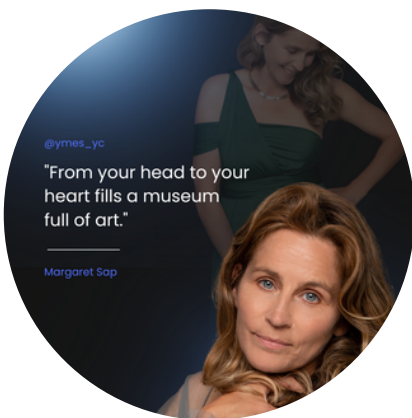
1:1 Coaching VIP

If you look for an acceleration of your personal growth, you just found it. You will have all my attention to sharpen yourself. Perspectives are my superpower. Your self-awareness is highly awakened and enhanced in no time.



Group Coaching / Teams Coaching

By creating a safe space for participants to open up, group and team coaching under my guidance is fun, impactful and has long lasting effects on both individual and teamlevel.



Speaker

The world needs inspiring leaders that dare to use creativity and empathy to protect what is to be cherished and to disrupt what requires change. I bring serious lifestyle topics with fun, anecdotes and tangible action steps to a broad audience to spark joy and self-leadership for community well-being.

THANK YOU!



This is your one and only life and my wish for you is to live your life as free and genuinely joyful as possible. Your choice to invest more time and attention in conscious creative living will add great value to you life experience.

Stay tuned to great opportunities here:



FACEBOOK GROUP @DOINGLIFEHAPPIER

FACEBOOK PAGE @YCMORENOW

INSTAGRAM @MES_YC

EMAIL INFO@YCMORE.COM

LINKEDIN @/IN/MARGARETSAP

WWW.YCMORE.COM

