**PERSONAL ASSISTANCE FOR SENIOR’S WHO ARE**

**SELF-RELIANT**

IDEATION:

An example, of self-reliance is growing your own food and to be independent .

One of the greatest benefits of self-reliance is the confidence you gain on your journey. Every skill you learn increases the way you feel about yourself and your abilities. The more you do and learn, the more you increase your self-worth.

The Idea that one can rely on his or her own JUDGEMENT, CHOICES, and be free from the societal influences is to be self-reliant.

**Emerson** urges the reader to be bold and unafraid to voice his inner thoughts to the world at large. The most important realization any individual can have In-fact, is that they should trust themselves above all others.

Self-reliance is the ability to depend on yourself to get things done and to meet your own needs. The capacity to rely on one’s own capabilities and to manage one’s own affairs; independence not to be dependent.

Concept

Example

Benefits

Idea 2

Idea 1