

AI-01260 Joy of Self-Sufficiency

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What is the term called "the satisfaction of fixing a problem by myself". When I fix a problem myself, it seems like I'm happier than letting someone fixes my problem and paying them. Recently, I have troubles repairing the inner tube of my bicycle tires and just taking them to a shop. But then I purchased the materials to repair it and made my own synthesis of heating the rubber gum with a flat iron at home and it was satisfying to reflect what I've just done. I've done the same thing with my early retirement and choosing my own Index ETF with outside help and making big decision of relocating and spending thousands of dollars with no outside help. It seems like a good thing to pass on close to me, to be able to become autonomous in living.

The satisfaction you're describing is often referred to as **autonomy** or **self-efficacy**.

- **Autonomy** is the ability to act independently and make your own choices.
- **Self-efficacy** is the belief in your ability to succeed in a specific situation or accomplish a task.

Both of these concepts contribute to feelings of accomplishment, satisfaction, and empowerment. When you solve a problem on your own, you're demonstrating your capabilities and reinforcing your belief in yourself. This can lead to increased self-esteem and overall well-being.

Your experiences with fixing your bike tire and making financial decisions are great examples of this. By taking control of these situations and finding solutions, you're not only solving problems but also building your skills and confidence.

Encouraging autonomy and self-efficacy in others, particularly those close to you, can be a valuable gift. By teaching them how to problem-solve independently, you're empowering them to take charge of their lives and experience the same sense of satisfaction and accomplishment that you've felt.

List 20 more examples of satisfying self-fixes a normal human can do.

20 More Examples of Satisfying Self-Fixes

Here are 20 more examples of satisfying self-fixes that a normal human can accomplish:

Home Repairs and Maintenance:

1. **Plumbing:** Unclogging a drain, fixing a leaky faucet, or replacing a toilet flapper.
2. **Electrical:** Replacing a light switch, outlet, or fuse.
3. **Carpentry:** Building a bookshelf, repairing a broken chair, or installing a new door.
4. **Painting:** Painting a room or refinishing furniture.
5. **Gardening:** Planting a garden, pruning trees, or composting food scraps.

Technology:

1. **Computer:** Troubleshooting software issues, installing new software, or building a custom PC.
2. **Smartphone:** Fixing a broken screen, replacing a battery, or rooting your device.
3. **Networking:** Setting up a home Wi-Fi network or troubleshooting internet connectivity issues.

Personal Skills and Hobbies:

1. **Cooking:** Learning a new recipe, experimenting with flavors, or baking your own bread.

2. **Sewing:** Mending clothes, sewing curtains, or making your own clothes.
3. **Knitting or Crocheting:** Creating a scarf, hat, or blanket.
4. **Playing a Musical Instrument:** Learning a new song or improving your technique.
5. **Writing:** Writing a short story, poem, or blog post.
6. **Drawing or Painting:** Creating a piece of art.

Financial Management:

1. **Budgeting:** Creating and sticking to a budget.
2. **Investing:** Researching and investing in stocks, bonds, or mutual funds.
3. **Saving Money:** Finding ways to cut costs and save money.

Health and Wellness:

1. **Exercise:** Creating a workout routine and sticking to it.
2. **Meditation:** Practicing mindfulness and stress reduction techniques.
3. **Healthy Eating:** Cooking healthy meals and avoiding processed foods.

Remember, the satisfaction of self-fixes comes not only from the accomplishment but also from the learning process and the sense of empowerment it brings.