



## **INDEPENDENCE**

Oxford dictionary defines independence as the ability to live your life without being helped or influenced by other.

As we grow older, our focus and responsibilities shift and although there are plenty of inventions and technology to make lives easier these days, we still need to have the right life skills.

Here are several you'll need to be more independent:

- 1. Cooking and cleaning ask somebody to teach some basic cooking, take classes, or learn online
- 2. Managing money budget, be responsible and prioritize your spending and saving
- 3. Time management turn up on time, schedule ahead
- 4. Exercise motivate yourself to stay on track
- 5. Job seeking learn how to write a CV and face interviews
- 6. Interpersonal skills make connections and friends to build a support network
- 7. Driving being able to drive and know your way around would be a major plus

Yours truly,

the community editor

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