



# **You Already Have All You Need!**

By Dr. Linda Hancock

## **ABOUT THE AUTHOR**

Dr. Hancock has written a regular weekly column entitled "All Psyched Up" for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

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Recently I was asked to do some work at a camp north of Fort McMurray. It was obvious that I was naïve about the environment and orientation sent my thoughts into overdrive. Because of the hot summers in Medicine Hat, I am used to wearing light dresses and sandals to work. When I stated this during my travel orientation, I was told "You'll stand out!"

It seemed that I would need to make a trip to Work Warehouse to prepare for the project!

Then I decided to do a little research of my wardrobe before beginning a shopping trip.

A couple of pairs of jeans that I had bought in Texas but never worn actually fit. I found a good pair of running shoes that would take care of the "no open toes" criteria. A fleece-lined windbreaker that I had long forgotten about would serve in the case of rain. I even discovered a soft-sided duffle bag that was still in the package. This would fit the bill regarding the luggage weight restrictions.

By the time that I gathered everything together I realized that I really wouldn't need to go to the store. I had everything that I would need!

So often in life, we think that we need to shop or learn or accumulate when we already have everything that we need. All it takes is a little research and you will soon find that you have saved money and time by accessing what you have - and you'll be proud of yourself for being so resourceful.

Before you place an order for take-out food, check your cupboards. You might be surprised at what you can whip up for supper with a little effort.

Before you hire the expensive consultant, try reading any documents you have carefully and gather information that will help you to understand the situation. By doing this you might find that you no longer need the expertise of the accountant or lawyer. Even if you do, however, you will be more organized and informed than if you had gone to an appointment without any preparation.

You might also have skills that you can use to save time and money. Try stitching up the rip in that outfit before buying a new one. Get a book from the library that can help you learn to do that renovation, landscape the yard or complete the project that you thought you would have to hire out.

You see, when it comes right down to it what you really need is the desire to meet your own needs and those of the ones you love, Once you have that, there is no end to the number of things that you will discover that you have already have in your life!