



*How to*  
Care Less  
*and*  
Live More

*By Reem Alarabi*

*A step by step guide to Freedom*

# *The Unselfish Art of Prioritizing Yourself*



You most probably already know of how important it is to put your needs before others' needs because of what happens to you when you neglect yourself. It's the old "put your oxygen mask on first before helping others". But did you know that putting your wants as well, before other people's needs, leads to collective happiness and joy? Wait what? You mean being selfish is good? Yes it is, here's why.

When you are unhappy you become toxic to others. Your unhappiness exudes out of you, like a wifi router that beams out its signal, bringing down everybody you come in contact with. With that kind of energy, people literally start avoiding you to protect themselves. When you are happy the exact opposite happens. You uplift others, and sometimes you even inspire others to become better because they see how brightly you glow. And that's the only way you can help anybody, inspiration rather than manipulation. When you are happy and fulfilled, you also become capable of serving others, because you no longer need or want anything from them.

When we confuse "rescuing" with caring, we end up sacrificing our well-being and self-care because we're spending all our time trying to save someone else. When we try to run others' lives thinking it's our job to do so because we love them, we immediately put ourselves under a lot of stress. Our stress hurts us and those close to us. It's not your job to save anybody from the unpleasant experiences in their lives. People need to learn their own lessons in life and interfering with that process usually leads to you suffering and you denying them the opportunity to grow stronger and wiser. This is not to say you shouldn't help anybody ever, but you certainly shouldn't help anybody that won't help themselves. The way you can distinguish between the two is by simply waiting to be asked for help and then providing support, without taking it upon yourself to save them and make their life turn out the way you think it should.



Another reason people tend to play savior is because on some level they are hoping or expecting to get something in return. Choosing to give all your love and care to someone and keeping none for yourself, will only lead to feelings of resentment when they inevitably don't give back in equal measure. If you want to play savior and sacrifice yourself to help others, you will attract into your life people who need to be saved. With such people it will always have to be about them. Yes, it might be true that they're taking advantage of your caring nature, but if you lie down to be a doormat, you can't be surprised when people use you to clean their dirty shoes. People will treat you the way you treat yourself. Value your needs and wants, and so will others value them too.

Prioritizing your needs and wants, allows you to give from a place of wholeness, without expecting anything in return or feeling resentful. Instead of spending your time trying to anticipate the needs of those you care about, spend your time working on yourself and let your achievements inspire those you care about into change. That's the only way it works anyway.

*You are not required  
to set yourself on  
fire to keep  
other people  
warm*



# Financial Freedom

*The reason I'm factoring in finances in this ebook is because they play a huge role in reducing your worries and expanding your life.*



*You don't get rich by spending your time to save money.  
You get rich by saving your time to make money.*

*Naval Ravikant*

## Saving.

Savings soften the blows of life, and they also allow you to take risks which is required to achieve a degree of freedom in life. If you have nothing to fall back on, it limits what you can and will do. And if what you choose to fall back on is financial support from family and friends it also limits what you can do. Because, if someone is supporting you financially, it doesn't matter how nice and understanding they are, it still creates friction in your relationship with them because it's a responsibility that you're burdening them with. If someone is responsible for you financially in anyway, you have to play by their rules to a certain degree, if not completely, which limits your freedom.

Now let's say you have no savings but you are financially independent because you work. You have your own job and your own income, but are living paycheck to paycheck. You are still not free. Yes you don't rely on your family and friends but you do rely on the company you work for to provide you with what you need. If the company fires you, you're screwed. Just as if family and friends decide to cut you off, you're screwed.

Savings create a degree of freedom that allows you to make life decisions that are in your best interest. Decisions that are in line with the kind of life you want to live, not the kind of life you have to live. Because your savings are independent of everybody (family, friends, boss), you can do with them as you wish.

If you struggle to save it simply means you haven't really developed the habit. Saving is a habit, it's irrelevant of how much you earn and how much you spend/owe. If you know how to save \$1 when you earn \$10. You will automatically save \$100,000 when you earn \$1,000,000. And the opposite is true, if you spend every \$10 you earn, you will spend every \$1,000,000 you earn.

To develop the habit of saving, simply open a separate savings account that you will not use for anything else. Then set up a monthly direct debit from your current account into your savings account so that the moment any money lands in your current account, a part of it leaves to your savings account before you have a chance to touch it. Another thing to consider, if you are someone who struggles to save, is what past emotional wounds you need to heal that are reflecting themselves in your bank account. More so than anything else, our financial habits are a reflection of how we truly feel inside. The more you heal inside, the more you will heal what's outside, i.e. your bank account.

### Investing.

It isn't freedom to have to trade in your most valuable asset (your time) for survival. It's like walking into a pawnshop to sell your \$10,000 diamonds and only being offered \$100 for them and taking it anyway because you haven't eaten for 2 weeks and are desperate for food.

Understand that your ability to not only provide for yourself, but to provide for yourself in a way that suits you is ultimate freedom. You can work a high end job that pays you \$150,000 a year but have to work 100 hours a week in return. That's not freedom. The point of earning more is to improve your life not to trade in your life.

And so one of the things you have to start considering, if you haven't already, is how to make your money work for you, instead of you working for money. If you want to expand your life and experience more freedom, you want to be able to reach a stage where you are earning passive income rather than working income. That means you want to be able to earn money while you sleep, as they say. When you achieve that, you are no longer restricted by time, because you are no longer trading your time for money. Passive income allows you to automate earning so that you can actually start living your life. There are many vehicles that could lead you to this lifestyle, and certainly study and research will be required on your part, but I will start you off with some ideas below that you can start looking into to see what is right for you:

## *Investment Vehicles*

- 1 *Investing in Real Estate*
- 2 *Investing in Stocks and Shares*
- 3 *Investing in Cryptocurrencies.*





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