

創造人生的自我價值

To Create Self Value of Life

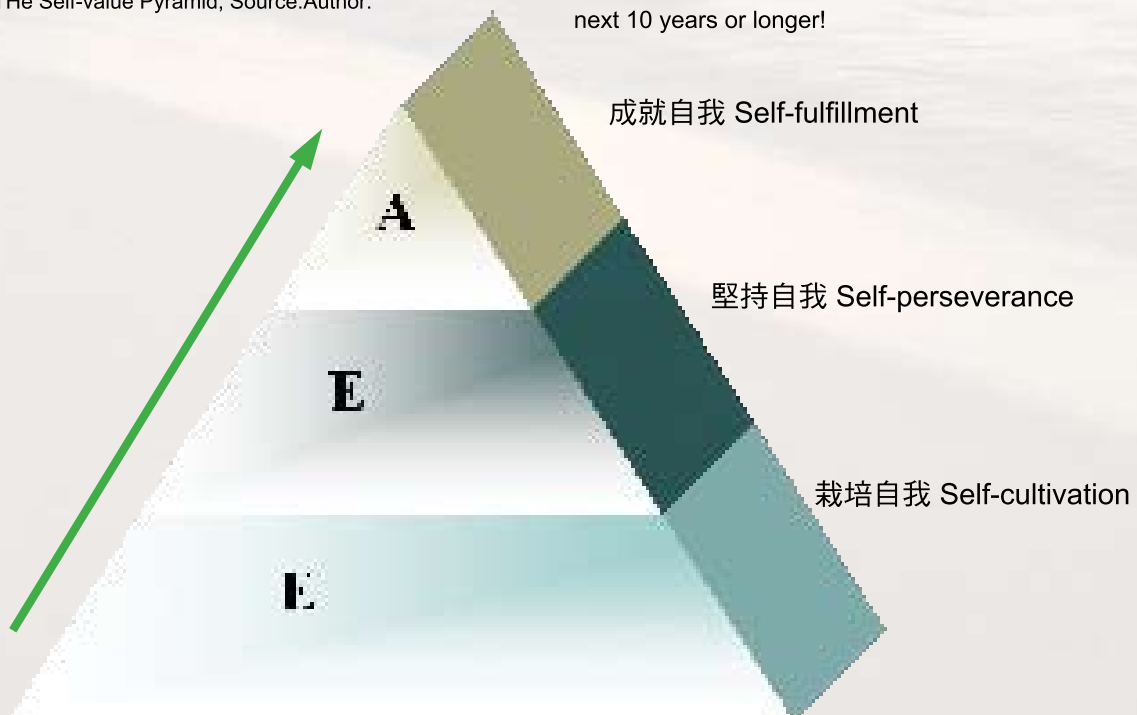
◎文/許立群

◎Article/ Syu Li-cyun

軍旅生涯是人生另外轉變啟程之開始，它讓我們能擁有時間去思考未來，我也一直在思索如何將自己的人生價值發揮至最大，而所謂的價值並非只是尋求一種享有權勢與地位，而是能否做到自我突破、超越自我的人生。所以，不妨可以將您的人生劃分成不同階段去做規劃，亦能幫助您的自我認識，這是海巡弟兄必須要思索的人生大事，所以我將未來幾十年的自我價值創造思維把它勾勒出來（如圖）與您分享。

●自我價值金字塔。資料來源：本文作者。

The Self-value Pyramid; Source: Author.



20歲後的人生：探索價值-栽培自我

從大學至研究所，再從研究所至軍旅生活，我擁有一年時間去思索我的未來的人生，更可怕的是我已經過了我的20歲人生價值的一半，我必須比別人更積極去規劃我的20歲後人生，尋找自我的興趣，確定自己想要的是什麼，努力去規劃並且執行，最後檢視與自己目標是否越來越近，尤其是遇到任何問題就必須去面對它，用正面的角度去思考，將最不想面對的事情各個擊破，您會逐漸發現自我肯定的價值慢慢浮現，這樣的人生似乎就會變得更與眾不同。特別是在踏入與社會接軌的階段，服役期間的灰色地帶，足以讓您不斷去思索未來真正的自我價值，並把它發揮出來。第一步就是要「栽培自我」，去檢視自己是否過去所學能夠用於社會，還缺少哪些東西與能力，且工作的選擇絕對要以自己最擅長的事物與興趣為前提，如此一來，進入了相關工作領域之後，您會發現自己的優勢與價值，有人選擇工作不是選擇自己擅長的事或興趣，做了幾十年後發現才深覺後悔，更導致自己永遠無法在自己的工作領域獲得成就感。最後，記得我們的精彩人生是歸給內心充滿無窮活力於探索與發問的人，只要你有熱情於每件事情上，很多事情都能迎刃而解。



Life after 20: to Explore Values—Self-cultivation

Even though I serve in the army, I get used to spending some fragmentary periods of time thinking over what I wanted to achieve in the future through my life. I formed the habit since I had studied at the university and graduate school. Thus, I had a full period of one year from those fragments to put together a full picture of my life of the future. It sounds terrifying that I have been in the middle of my twenties of life value and thus, and it make me more aggressive than others in planning my life after 20. I have to find out what interests me and be certain what I want. I have to make a plan and realize it diligently. Finally, I have to check whether I am on the track of reaching the goal. In particular, I must face and positively think of any problems that I encounter. Thus, I can find out exits to those I may not face. Then, you will gradually find the value emerging from your heart that you are admiring yourself and thus, your life seems to become different. The gray zone - the period of military service, a phase connecting between different life experiences would allow a person to have enough time to think of what is a real self-value of the future and how to make it come true. First of all, you must start self-cultivation. This step is to help check how much you can contribute to the society from what you have studied and find out what you don't have for the time being. Additionally, you have to base selection of a job on what you specialize or take interest in. So, it can help find out your advantages and values after you start working. Some people may feel deeply regretful to choose jobs not upon her or his specialties or what really interests her or him after he or she has been on positions for decades. As a result, it can never offer him or her a sense of fulfillment at work. Finally, be sure to remember that a person focusing her or his full energy on asking

30歲後的人生：開發價值-堅持自我

在此階段應該是人生的黃金、巔峰時期，亦是我們在工作職場領域上慢慢建立起社會人脈、人際關係的時候，所做的事情應該也是在20歲後所規劃出來的目標，努力去執行與實現當中。此階段的我們要懂得「堅持自我」，做任何事情只要確定目標以後，去思索能否提供他人更多的附加價值，以鍛鍊出決勝特質，成為未來成功的領導者。我常去思考一個問題，有些因為身體殘廢而努力改變與突破自我的人，他們都能勇敢面對他後半段的人生與熱愛生命的精神；而我們擁有比他們更多的機會，又何以藉口去逃避自己，開發屬於我們美麗的人生。記住只要目標堅定，不要給自己好高騖遠的夢想或過多人生目標而分散注意力，導致分身乏術無法兼顧，應該是築夢踏實去實踐，多一分堅持就等同多比別人更勝一籌的機會，而這機會永遠是給懂得堅持與做好準備的人。



and exploring questions gets used to having a rich life. One can overcome difficulties only when he or she is possessed of great passion.

Life after 30: to Develop Values—Self-perseverance

A person may reach her or his climax or golden period of life at her or his thirties. At this phase, we are starting in the sphere of work to build interpersonal relationships and know more people and in an effort to execute a plan and carry out a goal that we set up and expect to reach it at twenties. At this phase, we shall get over the idea of “self-perseverance.” We have to think whether we can provide more added values after we are certain of what we want to achieve in a specific area because we must develop a quality of successful leadership that can decide a gain or loss in a game. I usually think over the question that some people are brave to face the latter part of their life with efforts to change and transcend themselves as well as with spirits of passion despite they are physically disabled. However, why do we make excuses of escaping ourselves from developing our possible beautiful life to which we shall have opportunities to be closer than they are? Be sure to remember that we persist with our goals and never have an impossible dream or focus your attention on too many goals because it may share a lot of your time to make each of goals within reach of your capabilities. You shall make a dream come true and then, you can just embrace a next one. You may be closer to winning a game when you persist a bit. Remember that opportunities always stay there for people who persist and are ready to find out forever.

40歲後的人生：獲得價值-成就自我

在此階段的我們，若能循序漸進去達成自己的目標，應已建立起相當成就，因為我們早已建立起堅持的性格，非達目標絕對不善罷甘休，就是這股堅持與毅力，才足以成就自我。因此，我們可開始規劃後半輩子享樂人生的時候了，我們的一生，汲汲營營於任何事物，只要能比他人提早做好人生規劃，即能越早獲得自我肯定，人生的自我價值亦能越早確立，成功機會就越早降臨。

最後，給各位海巡弟兄建議，做個懂得規劃人生的人。我是學管理的人，必須懂得企業最大的目的就是在創造價值，唯有懂得創造實質或無形上自我價值才足以回饋社會、盡責任；如同人們需要不斷的學習新事物並自我內化，發揮個人的價值至最大；而軍旅生涯即是給準備面臨與社會接軌的海巡人員做好心理建設與準備的開始。😊

(本文作者任職東部地區巡防局岸巡八二大隊)

Life after 40: to Gain Values—Self-fulfillment

At this phase, we shall gain considerable achievements if we are trying to go closer to our goals on a step-by-step basis because we develop a personality of perseverance at the early stage of life and never give up realizing goals until we touch down. This persistence and perseverance do both help carry out self-fulfillment. Therefore, it's time now to make a plan for the latter portion to enjoy your life. We crave for many things through our life. The earlier we plan our life than others do, the sooner we gain a self-admiration and make sure of self-value; then, the earlier we may grab a scarce chance of success in our life.

At last, I would like to share an advice with all my colleagues, that is, one should be a person understanding how to plan one's life. I majored in management and thus, had a full understanding of what a business does is to create values. We can only contribute enough to the society and realize our responsibilities by understanding how to create tangible or intangible self-values. People have to fulfill their self-values to its greatest extent by, for example, learning and internalizing new things, and thereupon the military career would be a beginning for the coast guard administration staff to make a psychological fortification and mental readjustment when they face a connection between two different stages of life.

(The author is Currently with the Coastal Patrol Corps 8-2 under Eastern Coastal Patrol Office)

