



MASK OFF

The Win Within
By Jennifer Williams



OBJECTIVES

- Self-Awareness
- Acceptance/Self-Love
- Personalized Journey to Wellness



Self-Awareness

- How am I showing up?
- What has or gets your 100% attention?
- How do you really feel?

- It shows up!
- Performance
- Appearance
- Approach
- Communication or lack thereof



Self-Awareness – cont'd

- What needs to change?
- What's not working?
- What is working?

- Identify the Root: the trigger, the cause, the core of the issue



Acceptance/Self-Love

- Own it, feel it, deal with it, face it
- Gain understanding, knowing the “why” can give perspective
- Embrace the good, the bad, and the ugly
- Forgiveness – the start of the healing journey
- Accept it and move on - Reconciliation



Personalized Journey to Wellness

- Surround yourself with good community, Community matters
- Be physically active, make good food choices
- Give back, volunteer
- Implement good coping skills to relieve stress
- Get help when you need to, talk to someone

This is the beginning of restoration! Recovery is possible!



QUESTIONS?