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?