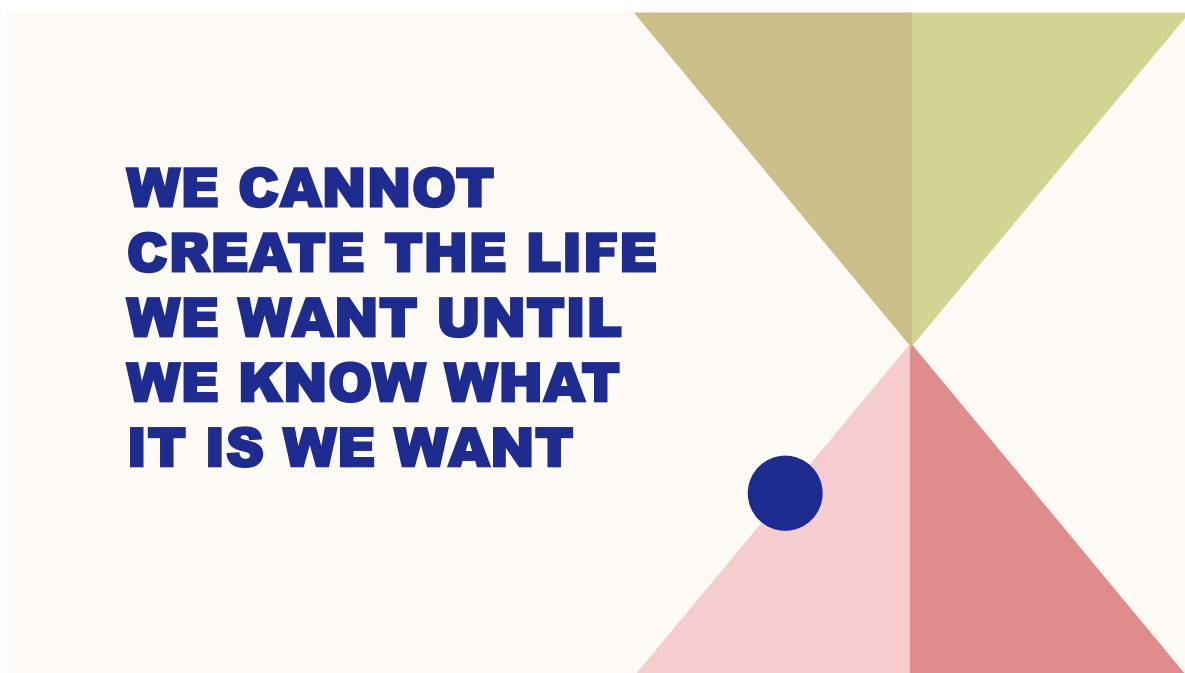
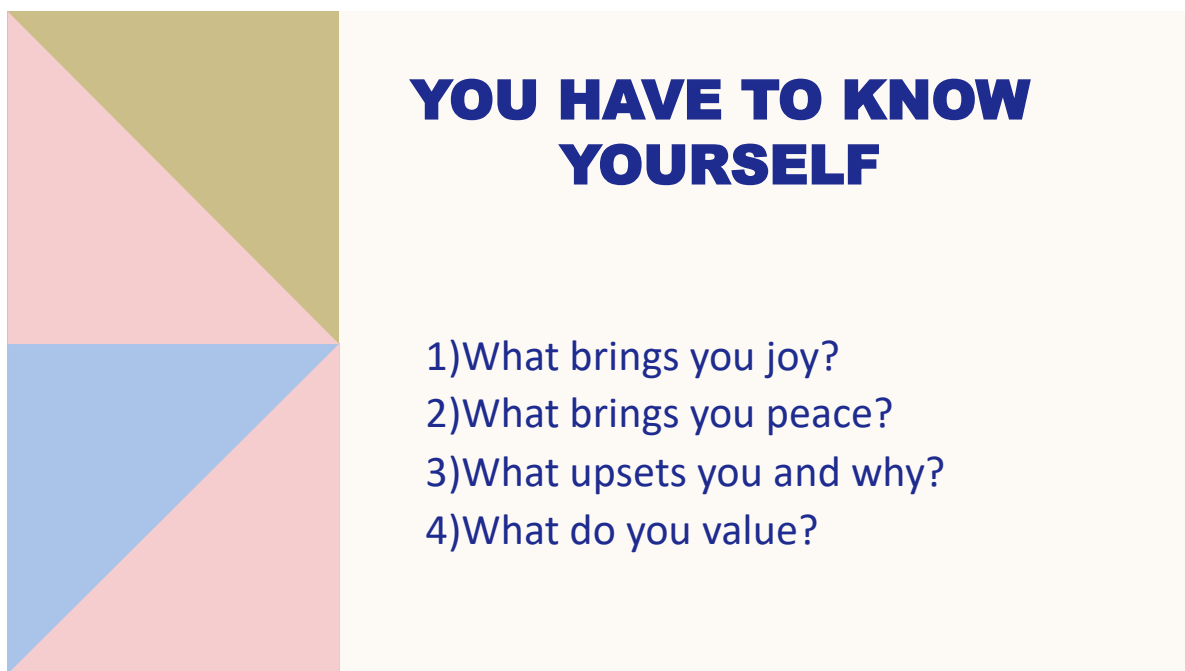




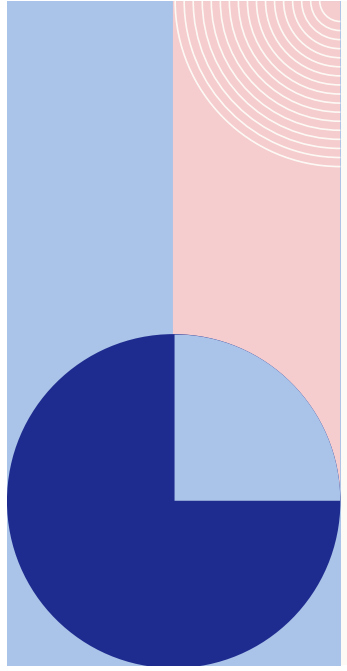
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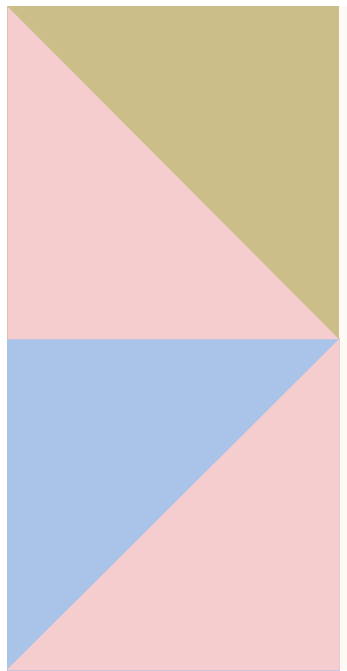
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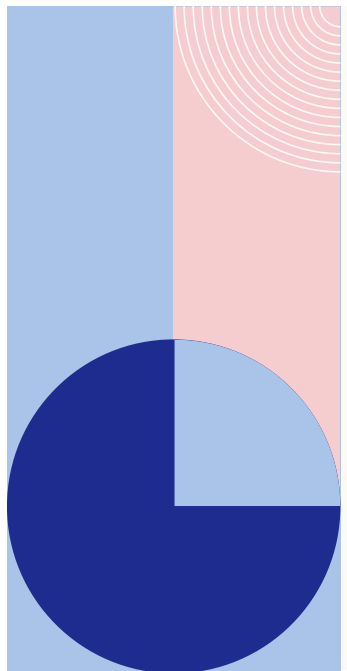
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WHAT BRINGS YOU JOY RIGHT NOW?

- Not in the past or what should bring you joy
- What do you LOVE to do?
- Who do you LOVE to be around?
- What can you do that will make you lose track of time?
- Where do you love to go that brings joy?
- Do certain times of day or doing certain things bring you joy?
- What "SHOULD" are you carrying around joy?

5



STOP "SHOULDING" ON YOURSELF

- Should
- Could
- Guilt & Shame
- Do I want to?
- Options

6

WHAT ARE YOUR VALUES?

They are more than just a one-word answer

They need to have intention behind them

Not because what others have told you

7

VALUES

- Abundance
- Acceptance
- Accountability
- Achievement
- Adventure
- Advocacy
- Attractiveness
- Autonomy
- Balance
- Boldness
- Brilliance
- Caring
- Cheerfulness
- Compassion
- Collaboration
- Consistency
- Creativity
- Credibility
- Daring
- Dependability
- Diversity
- Empathy
- Enthusiasm
- Ethics
- Fairness
- Family
- Friendships
- Flexibility
- Freedom
- Generosity
- Grace
- Growth
- Happiness
- Health
- Honesty
- Humor
- Inclusiveness
- Inspiration
- Intelligence
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Mindfulness
- Optimism
- Originality
- Personal Development
- Proactive
- Recognition
- Risk Taking
- Security
- Spirituality
- Peace
- Perfection
- Power
- Resilience
- Self Control
- Simplicity
- Stability
- Trustworthiness
- Understanding
- Wealth

8

VALUE STATEMENT

- Narrow down to your top five
- Create a statement around the value to drive action
- Examples:
 - I will recognize my strengths, skills, and talents and advocate for myself when necessary. I will be humble yet firm.
 - I will love and appreciate my body for the things it can currently do. I will also strive to continually grow and challenge myself to become better for my future self. I will not look at things as failure, but as opportunity for growth

9

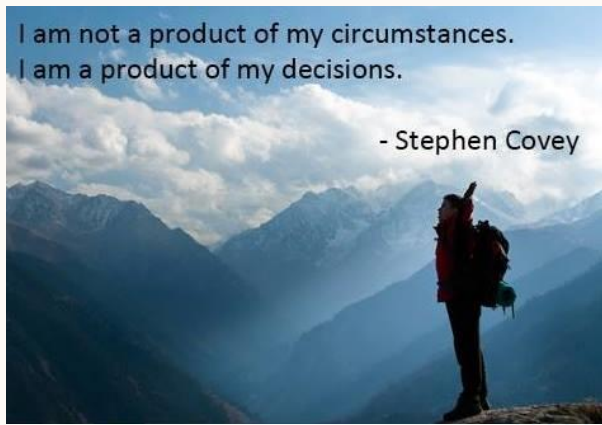


BEING TRUE TO YOURSELF GIVES YOU THE ABILITY TO ALLOW OTHERS TO BE TRUE TO THEMSELVES

10

CHALLENGES

- They are guaranteed
- How will you respond?



I am not a product of my circumstances.
I am a product of my decisions.
- Stephen Covey

11

EMBRACE THE CHALLENGE

Play the hand you were dealt like it's the hand you wanted!

What is your motivation?

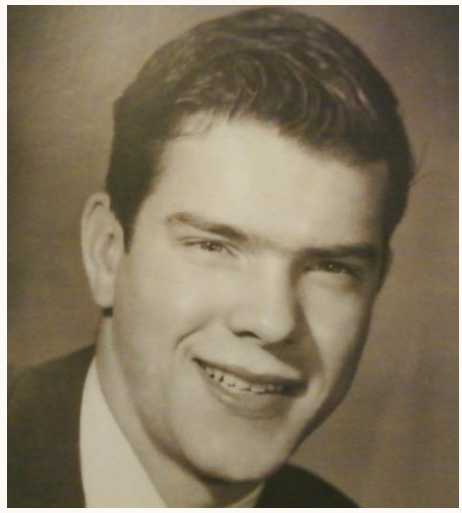
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CHALLENGES & MOTIVATION



13

CHALLENGES & MOTIVATION



14

CHALLENGES AND MOTIVATION



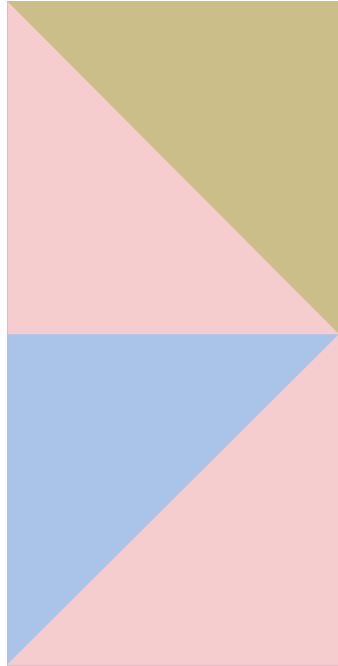
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SO YOU'VE BEEN CHALLENGED

- Own what you are feeling
- Own the challenge
- How can you pivot?
- How do your values influence your decisions?
- Change “life is happening to me” to “I am in control”

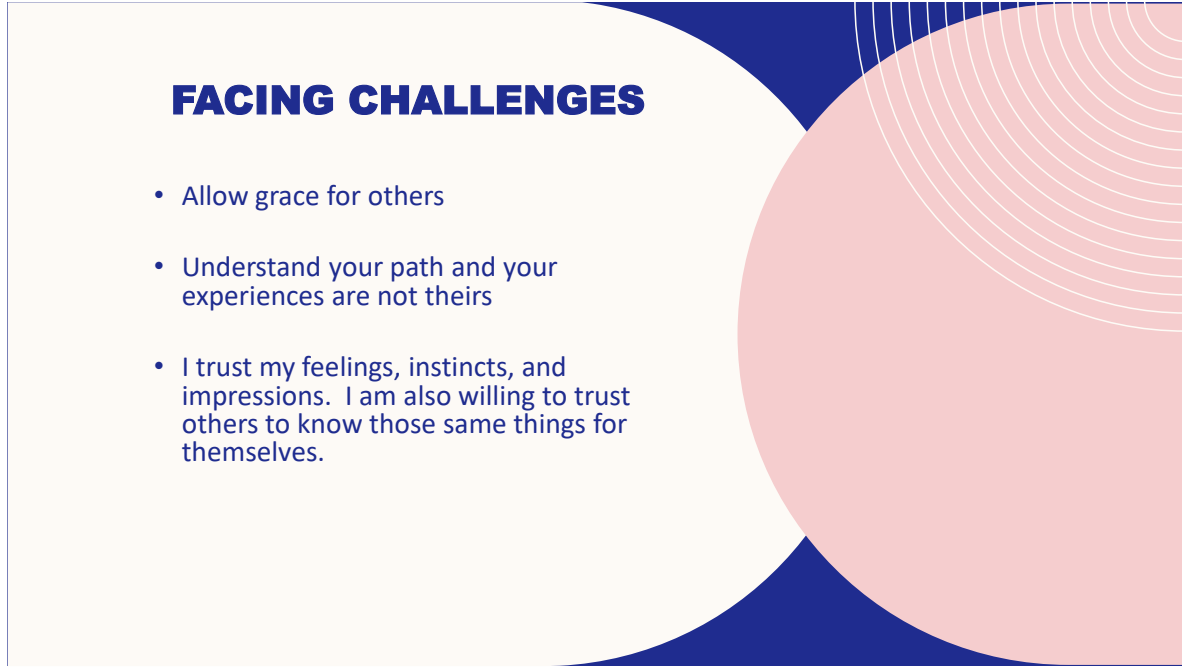
16



FACING CHALLENGES

- Get a great support system but listen to your own voice!
- What voices do you hear in your head?
- Why do you hear them?
 - Unfulfilled needs (acceptance, validation, etc.)
 - Find a healthier way to fill it

17



FACING CHALLENGES

- Allow grace for others
- Understand your path and your experiences are not theirs
- I trust my feelings, instincts, and impressions. I am also willing to trust others to know those same things for themselves.

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FACING CHALLENGES

Listen to your body

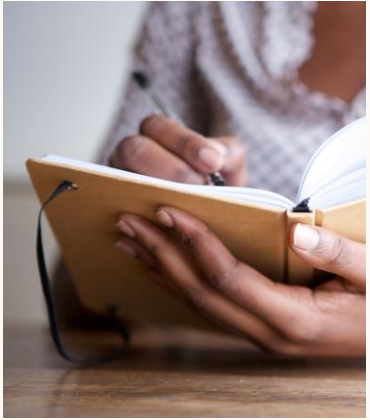
Taking a nap can be productive

Be patient with yourself and others

19

FACING CHALLENGES

- Attitude of gratitude
 - Keep a journal
 - Name them one by one
 - Find someone to serve
 - Allow others to serve you



20

FACING CHALLENGES

Don't believe everything you hear – especially from yourself

“Let someone love you just the way you are – as flawed as you might be, as unattractive as you sometimes feel, and as unaccomplished as you think you are. To believe that you must hide all the parts of you that are broken, out of fear that someone else is less than capable of loving what is less than perfect, is to believe that sunlight is incapable of entering a broken window and illuminating a room.”

Marc Hack

21



FACING CHALLENGES

- Find quiet time and breathe
- Box breathing
 - I am enough
 - I am worthy
 - I am resilient
 - I am growing

22

FACING CHALLENGES

Don't wait for others to fix it for you!

Decision making fatigue



23



FACING CHALLENGES

Understanding Control

No Control – Look for a diversion
Some Control – Change your conduct
Complete Control – Get it off your plate!

24

LET'S GROW!

Three columns
 Negative aspects you'd like to change
 Blank second column
 Opposites of column one

Tired Get more rest/exercise Awake

Start going to bed an hour earlier
 Relax or read to calm my mind
 Walk 30 minutes daily

25

LET'S GROW!

Don't compare yourself

You don't have to be good at it to enjoy it



26

LET'S GROW!

- Perspective
 - Long term goals
 - Short term goals

27

LET'S GROW!

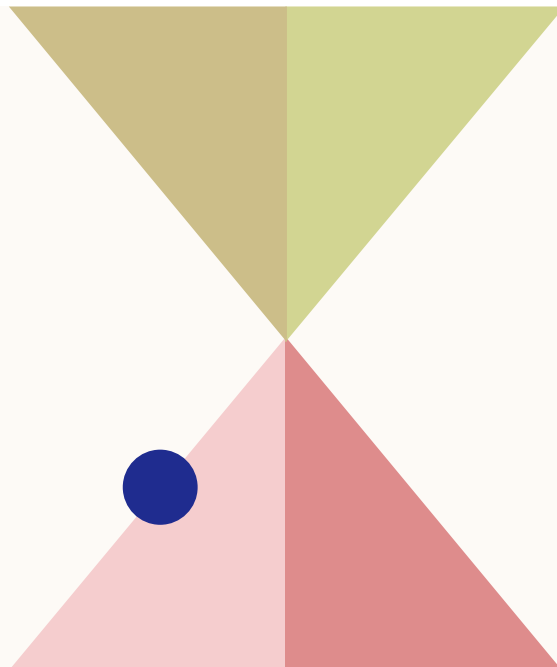
Be brave!



28



You can choose to live in the front row, or the third row...



29

SELF CREATED CHALLENGES

- You've fallen BUT you CAN get up!
- Own your mistakes
- What can I learn?
- Prepare for what you can and hope for the best

Yes, I could have made some different choices in life
 but I did what I did, both good and bad.
 I am not who I was, I have moved on.
 It's all part of growing up.

30

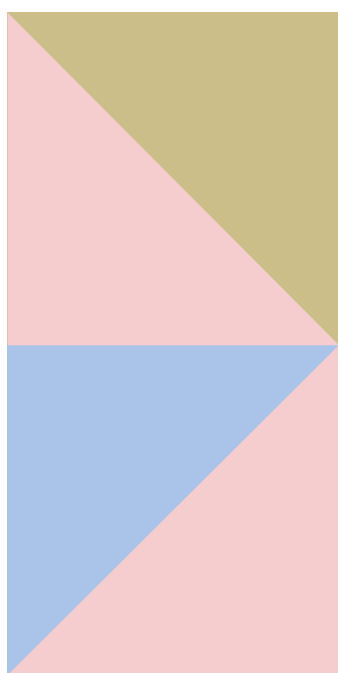
SELF CREATED CHALLENGES

Be kind with yourself

It's ok to fall short and try again tomorrow

Respect others and respect yourself

31



PLEASE REMEMBER

Humor

- Every survival kit should include a sense of humor

“Humor is the great thing, the saving thing. The minute it crops up, all our irritation and resentments slip away, and a sunny spirit takes their place.”

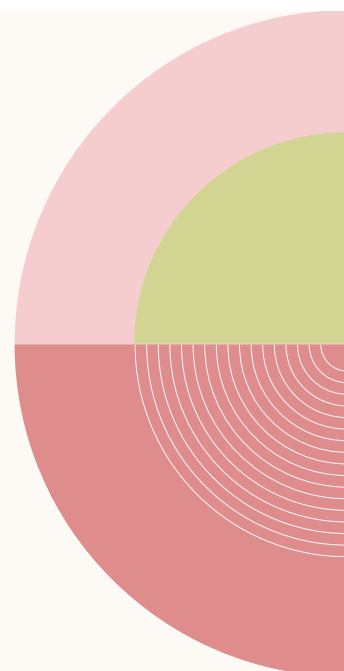
Mark Twain

32

PLEASE REMEMBER

- Boundaries
 - They help us know expectations
 - One of the kindest most loving things we can do for ourselves and for others
 - Why do I want it?
 - What do I want?
 - Do they support my values?
 - “Clear is kind and unclear is unkind”

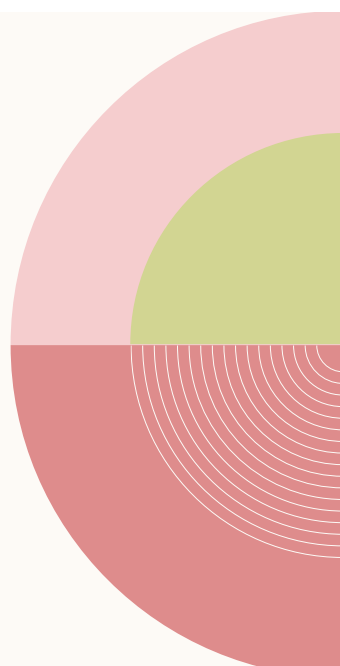
Brene Brown



33

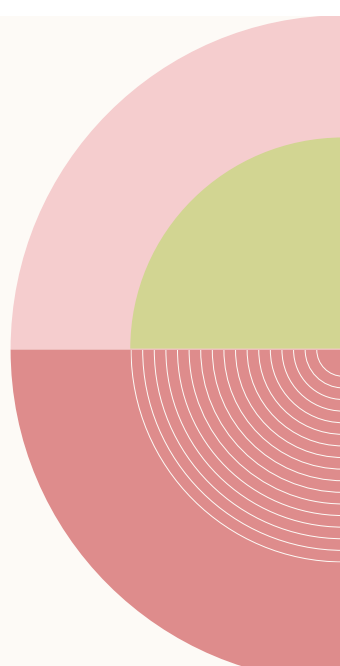
PLEASE REMEMBER

- Types of boundaries to think about
 - With yourself
 - With others
 - With places
 - Around joy
 - With your time
 - For your body
 - Around your heart



34

PLEASE REMEMBER



35

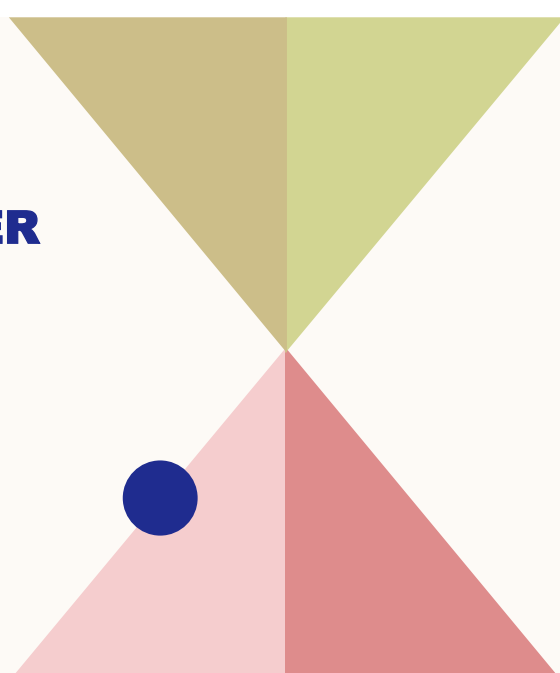
PLEASE REMEMBER

Forgiveness

- Yourself
- Others

Are you nurturing a grudge?

Did you play a part?



36

PLEASE REMEMBER

- Asking for help is not a sign of weakness. It is a sign of strength.
- Keep asking until you get the help you need.
- You are needed, valued and loved



37

IN LOVING MEMORY

- Are you making choices today that reflect your legacy and values?

38

DAILY CHECKLIST

- Count my blessings
- Practice kindness
- Be productive but calm
- Let go of what I can't control
- Breathe
- Tell my family how much I love them
- Make a difference in someone's life

39

CONCLUSION

YOU are worth the effort!

Create the life you want and dare to dream!

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THANK YOU FOR ATTENDING!

Joy Livingood Gibb
eyesofjoy@yahoo.com

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