

15 Tricks to Remember on the Hard Days

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12:30 to 1:30 pm

House Keeping:

- ▶ Take Care of You
- ▶ Safe Space- Be Kind to Each Other
- ▶ Take What Helps & Leave the Rest

Objectives:

- ▶ Identify tools for the hardest days
- ▶ Realign with purpose
- ▶ Find a tool that you can use this week - when things get tough



A Little About Me:



15 Tricks to Remember on the Hard Days

- ▶ When You Walk Through Water. . . .
- ▶ How Full is Your Cup?
- ▶ Brick by Brick: One Minute, One Hour, One Day
- ▶ What You DON'T DO. . .
- ▶ Gratitude
- ▶ Connection- Cheerleaders- Team
- ▶ Vulnerability
- ▶ What are your Triggers?
- ▶ Understanding ACEs & Moving Beyond
- ▶ Purpose
- ▶ What is Your Value?
- ▶ Choose Joy
- ▶ JUMP!
- ▶ Fall Forward
- ▶ The Power of One

When You Walk Through Water . . .



Activity

How Full is Your Cup?





Brick By Brick

- ▶ <https://www.youtube.com/watch?v=kk0oYY4zdAo>

Activity



- ▶ What is your brick wall?
- ▶ What is the brick you are laying this minute?
- ▶ This hour?
- ▶ This day?

What You Don't Do. . . .



Did you know

gratitude...

- Shields you from negativity
- Makes you at least 25% happier
- Rewires your brain
- Eliminates stress
- Heals
- Improves sleep
- Boosts self-esteem and performance
- Enhances the law of attraction
- Improves relationships

Gratitude



Connection & Vulnerability

Exercise on Love & Connection



What Are Your Buttons?



Moving Beyond the ACEs: (Adverse Childhood Experiences)

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



There is a very close relationship between Adverse Childhood Experiences and the most serious and expensive health conditions that are facing Californians today.

Let's Talk Purpose!

Question One:

How did you get into this field, the field where nothing matters more than heart?

Question Two:

In one word, what is the gift you want to share with the world?



Your Value



Choose Joy

JUMP!

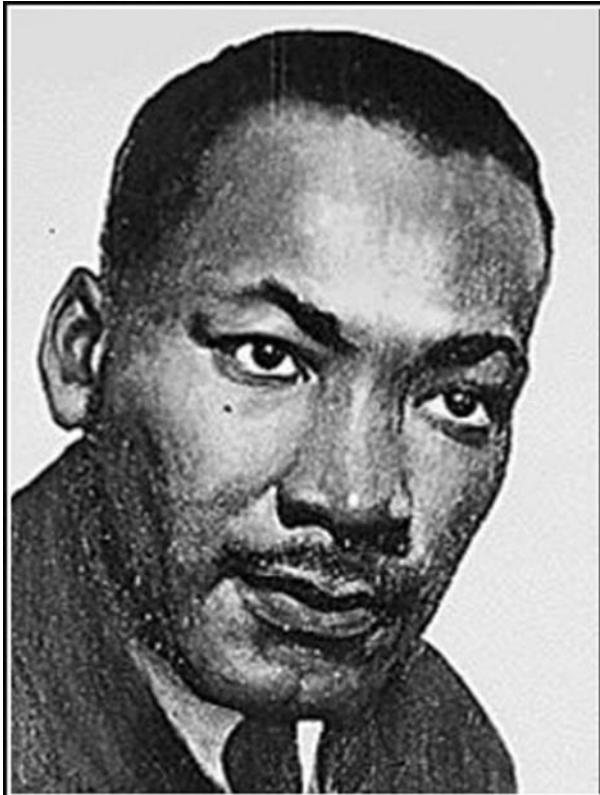


▶ <https://www.youtube.com/watch?v=y-952laLtKM>

Falling Forward



The Power of One!



It's all right to tell a man to lift himself by his own bootstraps, but it is cruel jest to say to a bootless man that he ought to lift himself by his own bootstraps.

— *Martin Luther King* —

AZ QUOTES

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